

What if...

We can't help children change their behaviour by making them feel bad for what they've done.



Remember, they already feel bad.



Instead, show them that you care and help them find calm.



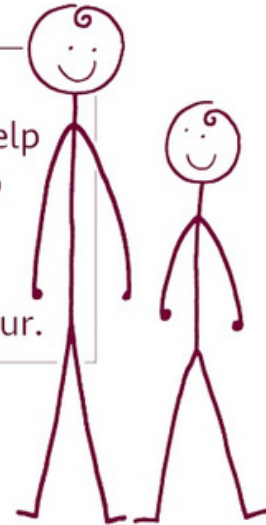
Sometime later, when you feel regulated...



...choose a quiet moment and ask them, with kindness in your voice, to be curious about what happened...



...then you'll help them to change their behaviour.



...we are curious about behaviour?