



# I WONDER HOW WE CAN HELP EVERYONE FEEL NURTURED AND SAFE...

## CORE PRINCIPLES

We value everyone as an individual.

We celebrate differences and support one another to ensure that everyone feels included.

We have high expectations of all and it is our job to scaffold up, and support children to help them to reach their goal.

We are positive role models and remain calm.

### WHEN A CHILD SHOWS SIGNS OF BEING DYSREGULATED, I WONDER WHAT WE MIGHT:

#### See

- Crying
- Outbursts
- Impulsive behaviours
- Aggression
- Low mood
- Withdrawal

#### Hear

- I don't like...
- No
- Screaming or crying



### WHAT SHOULD I DO?

#### Think

- What is the child trying to communicate?
- Why are they trying to control the situation?
- How can I help?
- Why does the child need so much control?
- Why do they feel scared?

#### Say - remember to use a calm voice and minimise your movements and gestures

- Not now, maybe later - instead of no.
- I can see that you are angry/upset/sad etc.
- I am here to help you.
- I know that you're sad but...
- I really care about you and care that you like it here

#### Do

- Scan the environment to look for hazards
- Reflect and identify the trigger
- Turn off the lights if appropriate
- Use distraction techniques to try to redirect them.
- Be available to offer physical comfort. Help them using co-regulation
- Use puppets to narrate the situation or discuss what has happened and the feelings involved

#### If this doesn't work, I wonder what else we could try...

- All children and adults vacate the space, reducing the wider attention and ensuring everyone is safe. A familiar adult should remain with the child to offer support when they are ready or to keep them safe. Another adult should remain in sight at all times.
- If needed, use soft furnishing, e.g beanbags and cushions to support the child and guide them

#### Remember...

- When guiding a child, cup your hands around their arms or shoulders.
- If you're holding their hand and they drop to the floor, let go.
- Only use adult led physical intervention as a last resort.
- NB - If there is a risk of immediate danger or harm then staff are expected to act in loco parentis and take any reasonable, proportionate and necessary action to safeguard children and adults.