



01. Traditional behaviour management approaches can make things worse.

This is because the child or young person is already overwhelmed.

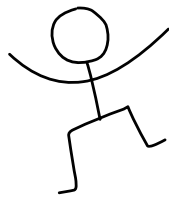
When they are in survival mode, their brain is focused on coping, not learning, reasoning, or complying.

More pressure can increase distress rather than improve behaviour.



02.

Rewards and consequences can increase pressure.



For some, reward systems, threats, repeated reminders, or strict expectations can make demands feel bigger, more urgent, or harder to tolerate.

03.

Behaviour is a sign.



Shutdown, refusal or negotiation are often signs of emotional or sensory overwhelm, executive functioning difficulties, or being at capacity.

Support and connection usually helps.

Individuals generally do better when they feel safe, understood, and supported.

04.

