

Looking at 4-year-old behaviour differently



ALL DEVELOPMENT BEGINS WITH ATTACHMENT

- children need to feel safe
- adults must provide care and guidance generously
- separation too much to bear leads to problems with behaviour and learning

Make the RELATIONSHIP the priority

EMOTIONS NEED EXPRESSION

- emotions must be felt before they can be mixed
- co-regulation comes before self-regulation
- when emotions are suppressed, they come out in in challenging behaviours

Come alongside EMOTIONS



DEVELOPMENT HAPPENS THROUGH PLAY

- helps children make sense of their world
- builds the brain through experiences not lessons
- allows children to work through their emotions
- when play is curtailed, emotional well-being and brain development are affected

PLAY comes first

IMMATURITY IS A NATURAL CONDITION

When young children have problems behaving:

- treat the incident as an accident
- help them out instead of correcting them
- anticipate and prevent
- avoid discipline that increases separation or makes children earn attachment

Provide more kindness and caring when BEHAVIOUR is at its WORST

