

Respond to the need as well as the behaviour:

Behaviour	Possible Explanation	Need	Helpful Responses	Unhelpful Responses
Child refuses to stay in their bed at night time	Separation Anxiety and/or insecurity	Reassurance that the caregiver is aware of them, accessible and responsive	Remain calm. Engage in soothing bedtime rituals (e.g. reading and singing to child). Checking back in with the child before they get out of bed to achieve physical closeness to the caregiver (see 'Emotional Refuelling in Reverse' below)	Parental anger and frustration. Disciplining the child. Ignoring the child.
Child refuses to eat their food	Child does not like the taste of the food or it's texture (i.e. they may be tactile sensitive)	Food that is nutritious tastes good and feels good on the palate.	Remain calm. Prepare nutritious meals that are to the child's taste. Seek advice from an Occupational Therapist who specialises in sensory integration difficulties and a Dietician who specialises in children's diet.	Parental anger and frustration. Making the child remain seated until they have eaten all of the food. Threats and consequences for noncompliance.
Child becomes overly loud and boisterous at a family function	Child is overstimulated	Soothing and/or opportunities to blow off steam	Temporarily withdrawing the child from the stimulating environment in order to calm/soothe them or provide them with a release.	Yelling at the child to "calm down".
Child "shuts down" in class.	Child is overstimulated	Reduce stress	Understanding and soothing	Threatening and punishing

Source: Pearce, C. *A Short Introduction to Promoting Resilience in Children*. London: Jessica Kingsley, 2011