Unpacking and responding to behaviour

Australian Childhood Foundation

What can I see, hear and sense? (Describe observed behaviour)	What lies beneath the child's behavior?					What does the child need?	What do I need to be able to respond to the child? What can I do to ready myself to respond?	What can I do to meet the child's needs?
	Body responses	Trauma experiences	Feelings	Thoughts	Beliefs about: • Self • Relationships • World			
• Pushing adults away • Running away • Screaming • Wide watchful eyes	• Racing heart • Twitchy legs • Hyperarousal	Physical abuse by father	• Fear, • Mistrust • Rejection • Isolation	• I am unsafe and scared, • I cannot trust anyone to keep me safe or meet my needs, I need to do it myself	• Self- I am bad and unlovable • Relationships- hurt me • World – is unsafe and nothing can keep me safe	• To feel safe • To know he/she deserves to be cared for and nurtured	• To feel safe • Consider my own feelings and assumptions about this child's behaviour • Take 5 deep breaths	• Reduce cues of threat in the environment and in relationships • Avoid fast or aggressive looking movements