

Confident & Connected Method

Behavior Response Flan

How parents of spirited kids can respond to any behavior without losing their temper

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5 STEP FRAMEWORK FOR RESPONDING TO ANY BEHAVIOR

B.U.I.L.D.

B stands for:

The first thing we need to do when a triggering behavior occurs is to STOP right there in your tracks in order to halt your own emotional reactivity.

When this step isn't done:

Ustands for:

When you have this step dialed in you'll be able to figure out what's going on and WHY and be able to navigate every situation seeing more clearly instead of:



I stands for:

When you do this step, Instead of feeling defensive, your child will have the invitation to notice and reflect on what's happening at that moment and to think about what they may need.

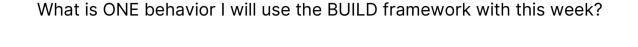
L stands for:

When you don't listen to your child they need to fight to be heard, this means:

D stands for:

When you successfully complete this step your child will know:

NEXT STEPS:



Based on my child's behavior these are 3 needs they may be expressing:

ACCEPTANCE. PHYSICAL AFFECTION, POWER EMPATHY, TO BE HEARD, INTIMACY, LOVE, NURTURING, RESPECT, CLOSENESS CONNECTION, COMMUNICATION, JOY, ORDER, PEACE, UNDERSTANDING, CONTROL, MOVEMENT, FUN ADVENTURE, ACCEPTANCE, LEADERSHIP, ENCOURAGEMENT, VALIDATION, COMFORT, AUTONOMY

Based on my child's behavior these are 3 skills they might need support with:





B.U.I.L.D. BEHAVIOR RESPONSE PLAN

B: Breathe

STOP right there in your tracks.

Take 1-3 deep breaths to halt your emotional reactivity.

U: Understand

Peek under the surface, what might your child/ren be feeling or needing? (Needs + skills)

T: Identify

Verbalize the challenge/problem you observe out loud to provide awareness and context.

L: Listen

Give your child space to express their thoughts and emotions, give all parties a chance to speak and process.

D: Discuss

Lead a positive dialogue giving each person the chance to offer an idea or solution to move forward..

Teach and practice discussed strategies if needed. Allow child opportunity to help fix their mistake if appropriate.

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B.U.I.L.D. BEHAVIOR RESPONSE PLAN

B. Breathe ()

STOP in your tracks.

Take 1-3 deep breaths to halt your emotional reactivity and use a physical grounding strategy ('stop' or putting hand up etc)



U: Understand

Take a snapshot under the surface, what might your child/ren be feeling or needing? (Needs + skills)



Identify

Verbalize the challenge/problem you observe out loud to provide awareness and context.



Give your child space to express their thoughts and emotions, give all parties a chance to speak and process.



Lead a positive dialogue giving each person the chance to offer an idea or solution to move forward..

Teach and practice discussed strategies if needed. Allow child opportunity to help fix their mistake if appropriate.

Primary needs

acceptance companionship compassion consideration consistency affection empathy inclusion intimacy love mutuality appreciation nurturing respect self-respect safety security stability belonging support to be known to understand be understood trust cooperation warmth communication closeness honesty connection air food movement/exercise rest/sleep safety shelter touch water authenticity integrity presence autonomy joy humor play fun adventure exploration peace beauty communion equality harmony inspiration order choice freedom independence space spontaneity individuality awareness celebration of life challenge clarity competence consciousness contribution creativity discovery expression stimulation to matter understanding

Developmental Skills

flexibility, transitions, emotional regulation, problem-solving, empathy, consideration, perspective-taking, planning, self-control, patience, transitioning, impulse control, communication, emotion identification, planning, conflict resolution