

SBCS Strategy for Tricky Behaviours

Safety – Boundaries – Connection – Support



1. Safety



- Restore safety calmly
- Place yourself between children if needed
- Move children or objects if necessary

If there is risk of serious harm, use a firm "Stop."

2. Boundaries



- Acknowledge the feelings
"It is okay to feel _____."
- State the limit clearly and kindly
"It is not okay to _____."

3. Connection



- "Sparky, can you help us please?"
- Take a slow breath to calm
- Use few words "I'm here." "Those are big feelings."
- Allow the child to feel their feelings safely
- If helpful, encourage movement "Let's walk."

4. Support (when calm)



- "Sparky, can you help us please?"
- "What was your Shady saying?" (Repeat back)
- "What were you feeling?" (Repeat back)
- Acknowledge thoughts and feelings as normal
- "Did Shady help you?"
- "Is your body okay?"
- "Sparky, can you help me please?"
 1. Solve problem &
 2. Plan for next time