



Exceed
Institute

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Regard 
Teaching School Alliance
Relationships Make The Difference

Supporting Parents Managing Behavioural Changes During the Pandemic

Date: 23rd February

Location: Virtual

Leaders: Luke Mitchell



@MrMitch24

Session Aims



- Understand how the pandemic can impact on behaviour
- Understand the relationship between SEHM and behaviour
- Relational based practice and strategies



“We are In the midst of a collective trauma”

“Dis regulation and distrust is currently present globally”

Louise Bomber 2020



1. Mindest / history
2. Selective attentiveness
3. Judgmental

Mindset

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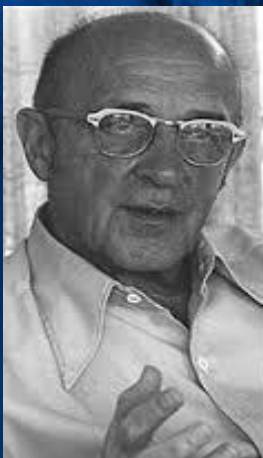
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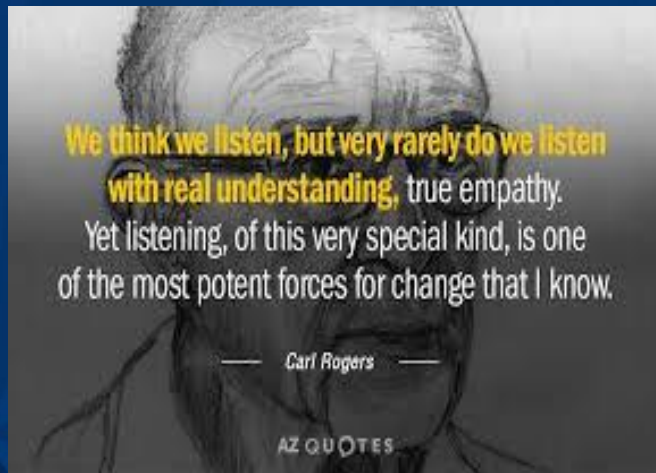
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Unconditional Positive Regard



*"The curious paradox is that when I accept myself just as I am, then I can change."
Carl Rogers*



The shoe that fits one person pinches another; there is no recipe for living that suits all cases.

Carl Rogers



SPELLING

Test



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Stress

POSITIVE

Brief increases in heart rate,
mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses,
buffered by supportive relationships.

TOXIC

Prolonged activation of stress
response systems in the absence
of protective relationships.

Adapted from Bruce D. Perry 2018

Stress

Unpredictable

Severe

Prolonged

Predictable

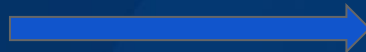
Moderate

Controlled

Vulnerability

Resilience

Behaviour



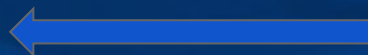
Response



Feelings



Experience







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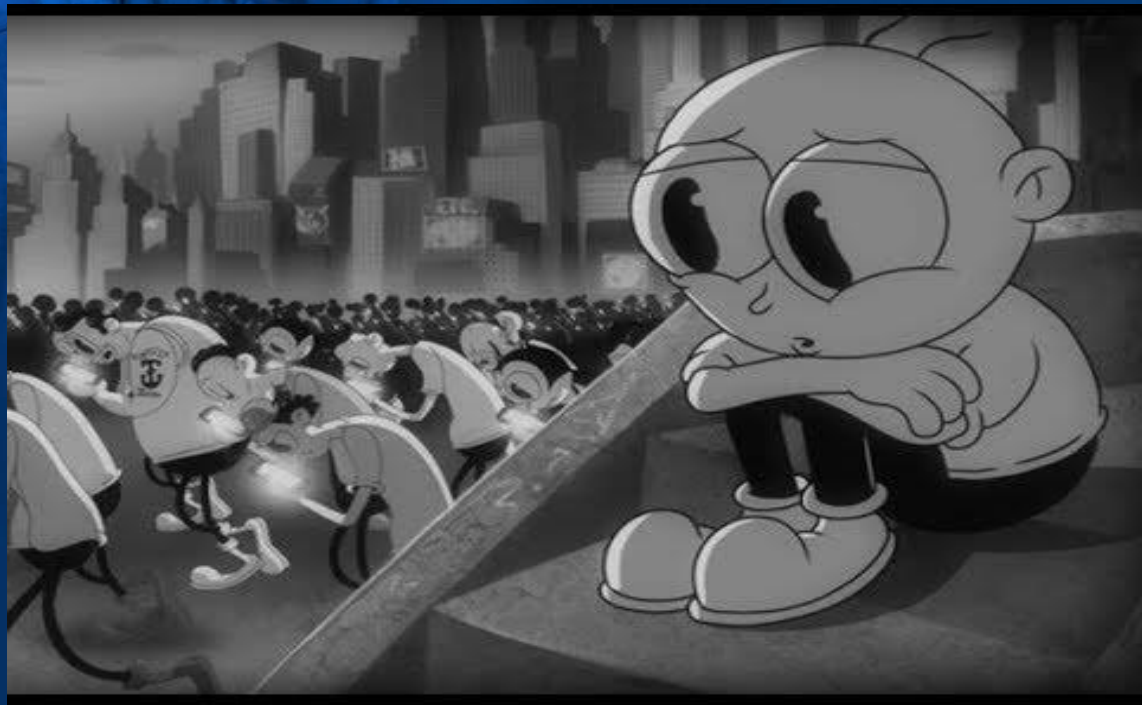
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THE IMPACT OF TECHNOLOGY

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Neurosequential Model

Dr Bruce Perry



Regulate

Relate

Repair

Hyper

Hypo





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Neurosequential Model

Dr Bruce Perry



Regulate

Relate

Repair



Source: International Institute for Restorative Practices, "Defining Restorative"

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Strategies for gap task



1. Have the mindset of we have a problem here how are we going to solve it
2. Focus attention on the positive behaviours
3. Withhold judgement
4. Be consciously aware of your stressors in the heat of the moment
5. Respond to children's feelings and experience
6. Remember thoughts can drive behaviour
7. Don't let technology replace human interaction
8. Relational trauma needs relational repair
9. You always have an option and a choice
10. Create a strong routine in terms of times to wake up, eat lunch, go to bed...
Stick too it often, veer occasionally
11. Create a structure that helps break the day down into manageable chunks

1. Focus on deep pressure activities to help calm your child
2. Mix up and down regulating activities into your day
3. Focus on intrinsic rewards for children and don't be tempted to use technology as a reward, embed it into the structure of the day
4. Try to balance challenge and support when putting demands on children
5. Invite the children into your calm don't join them in their chaos
6. Respond sensitively to needs
7. Attune to your child and use reflective language
8. Match your child level of affect
9. When giving instruction be direct
10. Use name, command, thank you,
11. Use "what should you be doing now?"
12. Avoid asking why
13. Give choices, but only 2 and your preferred last
14. Embrace your child in awe and wonder
15. Use restorative language following an incident



Restorative Language

Relational Questions

What happened?

What were you thinking at the time?

What do you think now?

How did that make you feel?

Who has been affected by what has happened?

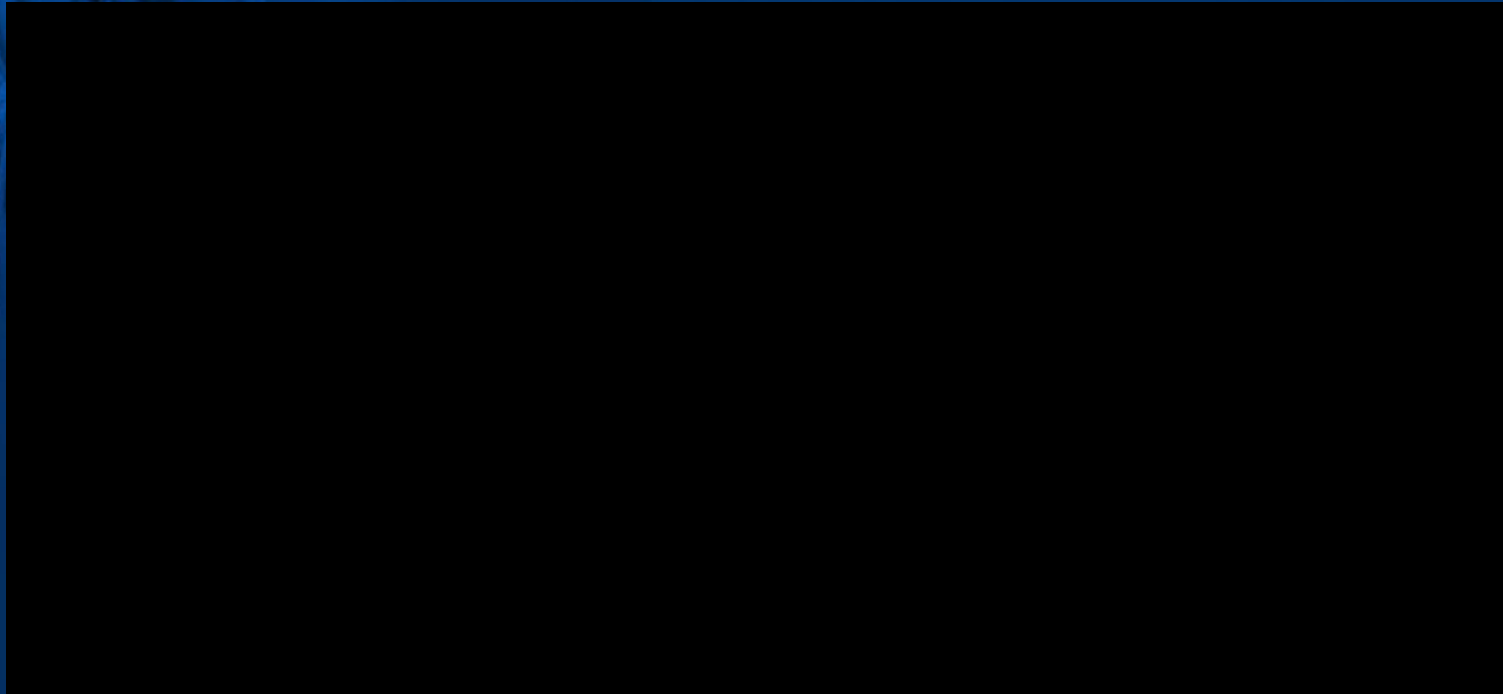
What has been the hardest thing for you?

What needs to happen to make things right?



What Happened?	Tell us the issues that have brought us here today	What happened next?
	And then?	When that happened what happened next? Tell us more about...
	What were you thinking?	What has brought us here today?
	What else?	What was happening before? What do you think about it now?
What was in your head?	What were your thoughts at the time?	
How were you feeling?	At that point, what were you thinking/feeling?	What is working well?
<hr/>		
How do you feel now?	Tell us more about..	How have they been affected?
How have others been affected?		How have you been affected?
Was anyone else involved?	Who else has been affected?	Anyone else?
Anything else to add?	What has been the hardest thing for you?	
	Has anyone else been affected by this?	
<hr/>		
What Needs To Happen Now?	What do you think about what has been suggested?	How does that leave you feeling?
	Are you okay with that?	When will it be done? Anything else to add?
	What would that look like?	What do you need to move on from this?
	What will it look like when it's done?	What else needs to happen?
Do you all agree with that?	What will help you to move on from this?	

Quality time 7:1





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