

Understanding My Child's Behaviour

Behaviour Isn't the Problem



SUPPORT • NAVIGATE • THRIVE

Parenting
PANDAS

Behaviour is Communication



One of the biggest shifts parents can make is moving away from asking:

"How do I stop this behaviour?"

and towards asking:

"What is my child trying to tell me?"

Every behaviour has a reason.



Children rarely have the words, awareness or emotional regulation to explain what is happening inside them, so instead their nervous system speaks through behaviour.

That behaviour might look like:

- Meltdowns
- Shouting
- Running away
- Hiding
- Refusing
- Crying
- Aggression
- Seeming "lazy"
- Appearing defiant

But underneath those behaviours there is almost always an unmet need, overwhelming emotion or nervous system response.

When we understand the "why", we can respond with curiosity rather than conflict.

Behaviour is the Tip of the Iceberg



Above the water:

- Refusal
- Anger
- Swearing
- Hitting
- Tears
- Avoidance

Below the water:

- Anxiety
- Sensory overload
- Fear
- Shame
- Exhaustion
- Hunger
- Pain
- Confusion
- Loss of control
- Feeling misunderstood
- Demand overwhelm

Most of what drives behaviour cannot be seen.

Instead of asking...



Why are they behaving like this?

Try asking...



What happened just before this?



What might they be feeling?



Is their nervous system
overwhelmed?



Are they safe enough to
communicate?

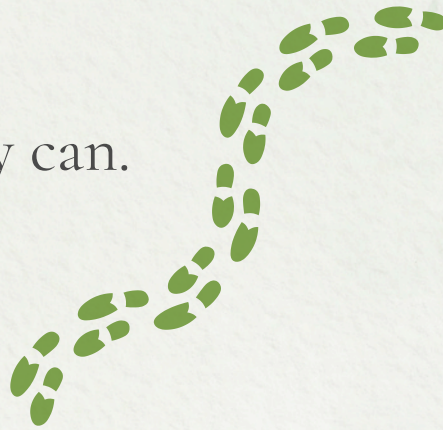
Curiosity changes everything



When we become behaviour detectives instead of behaviour judges, we stop looking for punishment and start looking for support.



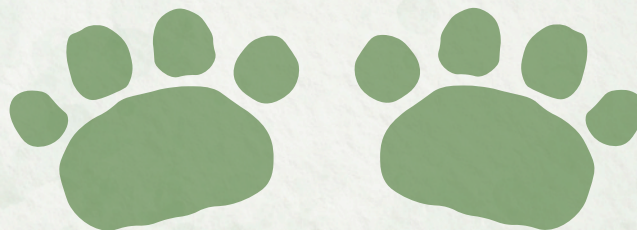
Children do well when they can.



If they can't, something is getting in the way.

Understanding behaviour isn't about excusing it.

It's about understanding it well enough to help.





Key Takeaways



Behaviour is communication.



Every behaviour has a reason.



Connection comes before correction.



Understanding the "why" helps us respond more effectively.

Remember...

You know your child best.

Trust your instincts.

You are doing an incredible job.



With Love and Support,

Becky

Parenting Pandas UK

