



Introduction to BDCS Behaviour Management



What is BDCS Emotional and Social development about?

Our project aims to provide resources for children, parents, and carers to help kids acknowledge how they're feeling and provide tips to assist them when they are overwhelmed with their big emotions. We will be using a range of games and activities that may help with some children who need a little extra support with understanding and controlling their feelings. If you have any questions or concerns about your child, please contact your child's educator.



What is emotional and social control?



Children will face many situations with their friends and loved ones. Learning appropriate ways to deal with their big emotions is an important skill to have. This includes being able to:

- Control strong emotions (frustration, excitement, anger, embarrassment, etc.)
 - Calm themselves down after something exciting or upsetting happens
 - Focus on and pay attention to tasks
 - Control impulses
 - Share and play with peers.



Why is emotional and social control important?

Emotional and social control continues to be developed all throughout childhood and even into adulthood.

- Learning in school – being able to sit, listen and participate during classes or play.
 - Social setting – behave in acceptable ways and control their impulses.
- Friends – make friends, take turns, share toys, and express emotions appropriately.
- Independence – make appropriate decisions around their behaviour with less help.

Quick tips to help your child understand their emotions

Breathing exercises



Using breathing exercises will help your child calm down and refocus on a task.



Play Activities



Playing games with your child will help them:

- Learn new words, sounds and word categories (e.g., colours, body parts, animals)

- Build skills in listening and concentration, planning and problem solving, patience, memory, attention, motor control, and sequencing. These can help kids develop the ability to control their feelings despite challenging situations and circumstances.



Singing Activities



Singing the Bourke District Children Service classroom songs to identify emotions.

Take 5 minutes and click here to see more!



✚ How can I tell if my child has trouble understanding their emotions?

- They have trouble with certain sensations (e.g., being touched, not noticing name called, high pain threshold)
- They have difficulty naming big emotions, impulsive behaviours, easily frustrated, increased tantrums, emotional reactive
 - They have outbursts that are hard to deal with, or last more than 15 minutes.
 - They show poor attention and easily distracted
 - They have poor sleep patterns
- They have a hard time learning routine, change and moving from one task to another
 - They have a hard time making friends and getting along with other children



Links to helpful websites:

Child Mind Institute. (n.d.). How Can We Help Kids with Self-Regulation. <https://childmind.org/article/can-help-kids-self-regulation/>

Kid Sense. (n.d.). Self-regulation. <https://childdevelopment.com.au/areas-of-concern/sensoryprocessing/self-regulation/>

Raising Children. (2021, May 20). Self-regulation in children and teenagers.

<https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>

