

# UNMET NEEDS

## WHEN A CHILD'S BEHAVIOUR LOOKS LIKE

Listening, following directions, open to discussion, collaborates, willing to learn, play, connect, laugh, have fun, alert...

Nervous energy, difficulty concentrating, confusion, teary, irritability, conflict with others, big reactions, argumentative...

Yelling, lying, aggressive, stealing, abusive, demanding, irrational, non-engaging, hurtful, impolite, withdrawn, self-harm, risk-taking, unreasonable...

## THEY MIGHT BE FEELING

Calm, happy, heard, understood, secure, satisfied, confident, settled, safe, belonging, stable...

Tired, stressed, uncomfortable, in pain, worried, alone, disoriented, judged, hurt, unheard, puzzled, unseen...

Scared, worried, angry, ashamed, guilty, isolated, disconnected, threatened, overwhelmed, sad, disappointed, unconfident...

## AND LIKELY NEEDS

Reassurance, goals, success, routines and rhythms, safe attachments, connections, comfort, fun, play, problem-solving support...

Reassurance, emotion coaching and labelling, validation, acknowledgement, understanding, guidance, play, breaks...

Confident calm adults, acceptance, a warm tone of voice, open body language, listening, quieter space, movement, rocking, chewing...

NEEDS ARE MET

SOME UNMET NEEDS

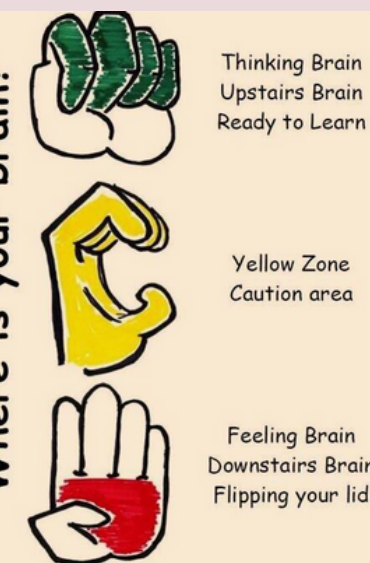
MANY UNMET NEEDS

INSIDE THE WINDOW OF TOLERANCE

LEAVING THE WINDOW OF TOLERANCE

OUTSIDE THE WINDOW OF TOLERANCE

REGULATED THINKING BRAIN



SURVIVAL BRAIN