

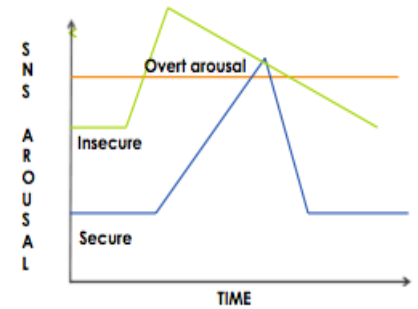
Is your child SAFE?

MAIN IDEA

- When kids don't feel safe in their environment, they are more anxious, like they are always waiting for something bad to happen, on **Hyper alert...**
- This makes them touchy and easily frustrated or upset, because when they stay in this state for a long time, they become like a car driving around without a bumper...any little thing seems huge!

HOW TO CREATE A SAFE ENVIRONMENT

1. Create and enforce rules that promote EMOTIONAL & PHYSICAL SAFETY
 - This means that **threats, demeaning names, swearing and threats of any kind ARE NOT TOLERATED**
 - It requires that **YOU ARE CLEAR** about the **CONSEQUENCES** of **engaging in these behaviors** and **CONSISTENTLY** reward respectful behavior and consequence threatening or demeaning behavior
 - It is **especially important not to tolerate disrespectful behavior towards the parents or caregivers by the child or their siblings**, as if you are not seen as an authority figure, any boundaries you attempt to set will be taken as a suggestion as opposed to a rule
 - It is also important to **require this of the other people the children see you interacting with**, as if they witness another parent swearing or worse yet hitting one of their caregivers, this tells them that there is no one who can actually protect them, and that person is not really an authority
2. **PREDICTABILITY** fosters a sense of safety
 - I.e. ROUTINE/ STRUCTURE & *CONSISTENCY*
3. **CLEAR BOUNDARIES**
 - Make it very **clear what the adults are responsible for and what the kids are responsible for**
 - I.e. it is not a kid's job to get a toy back for someone who is being bullied or to enforce rules with their siblings, it is their job to ask for help from a grown up and the grown ups job to handle the situation
 - Be **clear about what are acceptable vs unacceptable limits of behavior**
4. **CLEAR COMMUNICATION**
 - EFFECTIVE COMMANDS
 - Language of "CHOICE"
5. **CREATING CONSEQUENCES & REWARDING WANTED BEHAVIORS**
 - Behavior changes quicker through REWARD than through punishment! (*PRAISE IN PUBLIC, PUNISH IN PRIVATE*)
 - Whenever possible, consequences should be delivered **PRIVATELY** to minimize shame based learning, which promotes a sense of fear in the child, particularly around making mistakes.



Suggested Books

- “Everyone Matters: A first Look at Respect for Others” by Pat Thomas
- “Howard B. Wigglebottom Learns to Listen” by Howard Binkow & Susan Cornelison
- “Howard B. Wigglebottom Learns It's OK to Back Away” by Howard Binkow & Susan Cornelison
- “Howard B. Wigglebottom Listens to his Heart” by Howard Binkow & Susan Cornelison
- “Howard B. Wigglebottom Learns about Bullies” by Howard Binkow & Susan Cornelison
- “Howard B. Wigglebottom and the Monkey on His Back” by Howard Binkow & Susan Cornelison
- I can do it! A First Look at Not Giving Up” by Pat Thomas
- “Why do I feel scared? A First Look at Being Brave” by Pat Thomas

