

3 Redirecting through Relationship

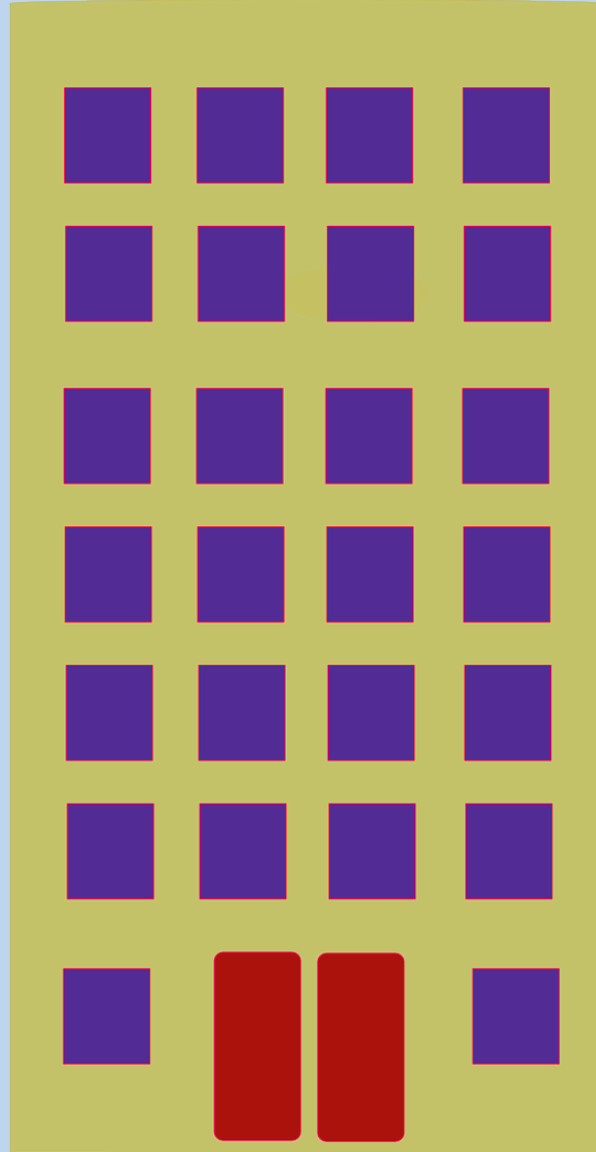
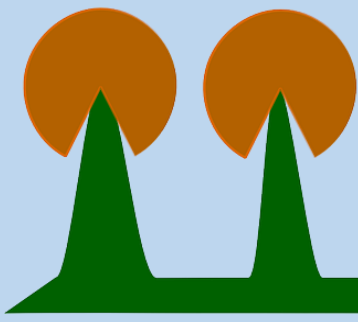
- Resist over-talking. Describe what you see instead of demanding what you want.
- Offer positive choices to give control, minimise shame and build trust.
- Set limits in a firm but empathetic way: *"I know you felt angry when you thought I was ignoring you. Hitting hurts my body. We need to use kind hands"*.
- Support with reflection & problem-solving: *"What did you want to happen?"*; *"Let's think of what we could do differently"*; *"What would help you to try that next time?"*.

2 Connecting before Correcting

- Be curious: *"I wonder if you're scared about..."*
- Validate: *"That must have hurt so much..."*
- Use comforting body language & tone of voice.
- Don't rush to reassure: *"Even when I tell you that people like you, it must be hard to believe. I hope I can help you to see things differently in the future"*.

1 Regulating on the Ground Floor

- Patterned, repetitive & rhythmic activities.
- Additional structure & differentiation.
- Scheduling time for pauses & reflection.
- Check your state: are you open & engaged?



The High-Rise of Reason

Part 3 of Dr Bruce Perry's 3 Rs

4 Repairing and Reattuning

- Take ownership for your part in a rupture: *"I was frustrated because I know how hard you can work. It must have been scary when I raised my voice & I'm sorry for upsetting you"*.
- Show that the relationship endures: *"I know things didn't go well yesterday, but I was thinking about you & I'm glad to see you today"*.
- Convey parts language: *"I can see your worried part because of the change in routine today"*.
- Offer hope: *"We've found out that we need to practise this so things will get easier"*.
- Use "Time In" to stay present and co-produce letters of apology and acts of kindness.

5 Creative ways of visiting the Top Floor

- Role-playing emotional expression with puppets.
- Talking to characters in the child's drawings.
- Asking "What would happen next?" during play.
- Making body maps to show feelings as parts.
- Visual timelines & meters to track moods.
- "Hand Model of the Brain"
- Social Stories about actions & outcomes.
- "Hand of Options" for exploring peers' motives.