



Routine and Boundaries Workshop

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Housekeeping

- Introductions
- Fire exits and alarms

Aims for the session

- Why do children need routine and boundaries?
- Strategies to support routine and boundaries
- Top tips for dealing with difficult behaviours
- Practise using new strategies



Routines

7:00	Get Dressed 	Make Bed 
7:10	Eat Breakfast 	Get Hair Fixed 
7:30	Brush Your Teeth 	Try to Go Potty 
7:40	Put on Socks 	and Shoes 
7:45	Get All School Stuff 	Load up in the Car 





We all need boundaries and routine!

- They help us to feel emotionally safe and ‘contained’.

For children it also helps them to:

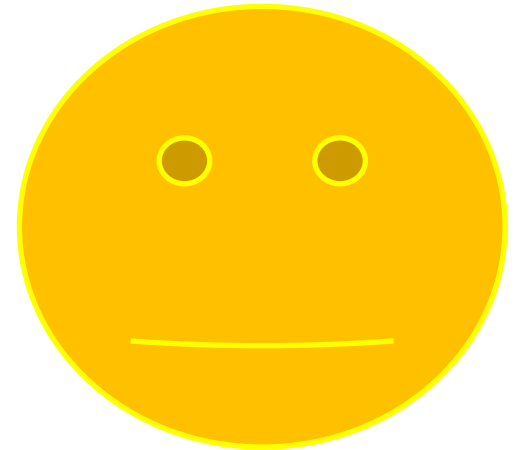
- Predict their environment and the response from others.
- Learn appropriate (and inappropriate!) behaviours.
- Understand and gain a concept of time.
- Establish important functional skills and habits.

Behaviour faces

Use this face to reinforce positive behaviour that you see.



Use this face to let your child know that they need to think about the choices they make next.



Use this face to let your child know that you are unhappy with their behaviour and deal with it accordingly.



“Flipping the lid”

If we flip our lid...



... the downstairs brain

- *instantaneous response*

■ Fight

- Remove the threat

■ Flight

- Remove self!

■ Freeze

- Infantilise to attract adult help
- Immobility, big eyes, smiles, perhaps incontinence

... and the upstairs brain

- *strategies and behaviours*

■ Aggression

- Safety through dominance

■ Absence

- Safety through concealment

■ Appeasement

- Safety through manipulation

... **SURVIVING** not thriving

Five to Thrive

This sequence can happen in the blink of an eye

We have identified five key parental activities which actively develop baby brains through mindful soothing and stimulation

- Responding and assessing needs
 - Five to Thrive key word: **RESPOND**
- Connecting and engaging
 - Five to Thrive key word: **CUDDLE**
- Self-regulating stress
 - Five to Thrive key word: **RELAX**
- Being playful
 - Five to Thrive key word: **PLAY**
- Creating a narrative
 - Five to Thrive key word: **TALK**

Traffic Light Responses



STOP!

Try not to 'knee jerk' react

THINK!

Try and stay calm

Count to 5 before you respond

RESPOND!

Use a calm tone of voice and volume

Explain how you feel and comment 'I notice you are upset, is there anything I can do to help you?'

Explain you are there when they calm down if he wants to come and talk to you.

Give strategies they can use such as breathing techniques e.g. counting down from 5, taking deep breaths.



Top tips for developing children's OWN emotional regulation skills...

- Setting up games/activities in which they need to cooperate and share to be successful
- Encouraging them to focus for gradually increasing periods of time, for instance, during a story
- Catching them just as they seem to be getting upset and suggesting self-calming measures, such as taking deep breaths or walking away
- Using some 'mindfulness' activities, where the children have to pause and be still, such as 'statues' or 'sleeping lions'

Thank you for taking the time to
join us today.

Any questions

