



# Behaviour

## > BEHAVIOUR

### Behaviour – what does it mean?

It is tricky to work out what exactly behaviour means, but simply put it is the actions we do everyday. Everything we do is a “behaviour”.

Sometimes parents and professionals talk about children having “challenging behaviour”.

Challenging behaviour can be viewed as two main functions: to ACCESS something or to AVOID something. Often we just don't know what the child is trying to communicate, and this can perpetuate the behaviour. It is our job as allied health professionals and educators to help unpack, understand and listen to families in relation to their child's' behaviour.

Psychology and OT are great places to start, but there are also some great resources to be aware of.

*Information on Behaviour is listed below. You can also read our blog on the differences between a meltdown and tantrum*

[here.](#)



**Ready to find out more?**

We have a simple, one pager information sheet to help parents better understand behaviour. Check it out [here!](#)

[Browse Here](#)

Whole Body Listening

## Why we love it ♥

These books help students develop a better concept of holistic listening, or Whole Body Listening. Whole Body Listening is more than just “hearing” with the ears. It includes:

Listening with the eyes, Listening with the mouth, Listening with the body, Listening with the hands, Listening with the feet (standing still or quietly on the floor), Listening with the brain (thinking about what the speaker is saying), and Listening with the heart (caring about what the speaker is saying).

## Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

## Cost £ \$ €

\$20

## ⇒ Where to get it?

Click on the image to order directly through our Affiliate Amazon Link!



Behaviour Solutions for the Inclusive Classroom

## Why we love it ♥

This book is a tool for teachers who have a student or students in their classroom whose behaviours are impeding their learning. If they see a particular behaviour, they can quickly look up an in-the-moment solution, and then read more about what could be causing that behaviour. A must-have for every inclusive classroom!

### **Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

\$12

### **⇒ Where to get it?**

Click on the image to order directly through our Affiliate Amazon Link!



Its a Jungle

### **Why we love it ♥**

“It’s a Jungle” helps parents, teachers, and therapists to understand the link between emotions and behaviour and to keep children in the civilized world. It utilises a ‘jungle’ analogy for understanding children’s emotions and behaviour with implications for understanding adults as well.

### **Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

\$10

### **⇒ Where to get it?**

Click on the image to be taken their website directly!



## CBT in Action

### **Why we love it ♥**

CBT in Action: A Practitioner's Toolkit, is a practical, hands-on, how-to-do-it book. The actual toolkit contains therapy resources for the CBT practitioner, and includes scripts, cheat sheets, client handouts and therapy record sheets for at home tasks.

### **Who's it best for ??**

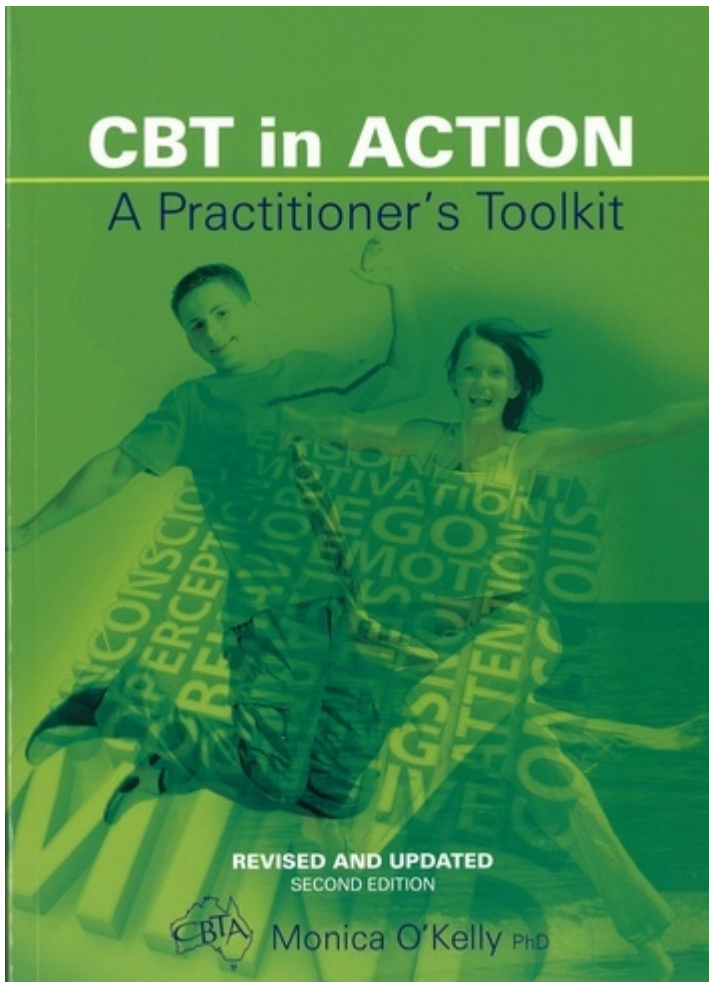
Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

\$66

### **⇒ Where to get it?**

Click on the image to be taken their website directly!



No More Meltdowns

**Why we love it ♥**

This book offers parents and teachers strategies for preventing and managing meltdowns. It's an easy-to-follow, 4-step model that supports everyday relationships with the children in your life: 1) Managing your own emotions by adjusting your expectations, 2) Learning strategies to calm a meltdown in the moment, 3) Understanding why a meltdown occurs, and 4) Creating plans to prevent future meltdowns.

**Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

**Cost £ \$ €**

\$11

### ⇒ Where to get it?

Click on the image to order directly through our Affiliate Amazon Link!

A Work in Progress

### Why we love it ♥

This book is based on the ABA model, and provides strategies for improving behaviours of children with Autism. The first half of the book gives parents practical, how-to information on setting up an ABA program and dealing with difficult behaviours. The second part of the book is a detailed curriculum.

### Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

### Cost £ \$ €

\$47

### ⇒ Where to get it?

Click on the image to order directly through our Affiliate Amazon Link!



Australian Childhood Foundation

### Why we love it ♥

A great website with lots resources about trauma, parenting and how to make room for learning – one I use a lot. Easy to follow and very user friendly!

### Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

**Cost £ \$ €**

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



Childs Work Childs Play

**Why we love it ♥**

This site contains information about counseling, therapeutic, and educational products for mental health and special education professionals and mental health practitioners. This includes games, books, and multimedia tools. We especially love the Instant Help Books!!

**Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

**Cost £ \$ €**

FREE / Some items at a cost

⇒ **Where to get it?**

Click on the image to be taken their website directly!



ACN Latitudes



### **Why we love it ♥**

Lots of free behaviour charts for teachers and parents on this site!! There are lots of other free printable as well!!

### **Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

FREE

### **⇒ Where to get it?**

Click on the image to be taken their website directly!



Raising Childrens Network

### **Why we love it ♥**

Raising Children's Network is a great website with loads of behaviour tips that are specific to age groups. The site also has a great section on disability and autism. Information pages are also able to be saved as PDFs to pass on to families.

### **Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

FREE

### **⇒ Where to get it?**

Click on the image to be taken their website directly!



**Check out our blog post on behaviour and bullying here!**

[Click Here](#)