

A Guide to Positive Interaction with Peers and Siblings

The key to managing interaction between siblings is to have routine and space timetabled as well as plenty of exercise.



Children to have their own work-space area preferably with little distraction around.

- Follow a daily realistic timetable – keep sessions short and be prepared to be flexible.
- Adult to provide support with activities e.g. visual explanation and examples. This will help reduce any frustration and the need to interact negatively with others.
- Model and remind everyone to try and speak calmly even when frustrated.
- If playing games/doing an activity, take time to establish and be clear on rules at the beginning and how the activity will be carried out.
- Try activities that need: co-operation not competitiveness, have set roles and talk to your children about: If you feel you are beginning to get annoyed/cross

Encourage children to:-

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| 5 | <p><u>I can't stand this and ready to explode.</u></p> <p>I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.</p>  |
| 4 | <p><u>I am getting too angry.</u></p> <p>My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.</p>  |
| 3 | <p><u>I am getting really irritated.</u></p> <p>I need to walk away from a bad situation. I will tell my teacher that I need a break.</p>  |
| 2 | <p><u>I am doing OK.</u></p> <p>I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.</p>  |
| 1 | <p><u>I am doing great.</u></p> <p>I feel good about myself and about what is going on around me.</p>  |

- STOP!
- Take yourself away from the situation.
- Find your own calming space e.g. bedroom if it helps play soothing music, wrap yourself in a special blanket, cuddle a toy or use a fiddle object.
- Use a visual timer e.g. sand timer to help focus breathing and bring emotions back to normal.
- Use an emotions thermometer to check where you are. Are you still in red or calming down and in green? Notice are you breathing normally, body more relaxed, not as hot.
- When calm find a resolution/talk through what the problem was with an adult. Ask the question – Has someone misunderstood what I meant? Have I misunderstood someone? Talk calmly through the problem. Try to apologise if you have behaved inappropriately.