



The professional Learning Community of Perth County and The City of Stratford Presents:

# **WE'VE ALL MET THAT ONE CHILD...**

with Kerrilyn Kyles and Joanna Osbourne

# OUTLINE

1. Why Circle of Security
2. What is a Challenging Behaviour
3. Cues and Miscues
4. Connection is Key
5. Barriers
6. Questions

# WHY CIRCLE OF SECURITY



- In 2010, Kent Hoffman, Glen Cooper, and Bert Powell released Circle of Security® Parenting™ (COSP), an eight-chapter video-based series.
- Designed for parents, the program works equally well for increasing childcare providers' awareness of attachment.
- By focusing on attachment, we shift the focus from ways to extinguish undesirable behaviors to seeing behaviour as the communication of a need
- COS explores ways to respond sensitively to children's cues and offers insight to caregivers of ways to manage their own struggles around certain attachment needs.



**WHAT (OR WHO) DOES THIS IMAGE MAKE YOU THINK OF?**

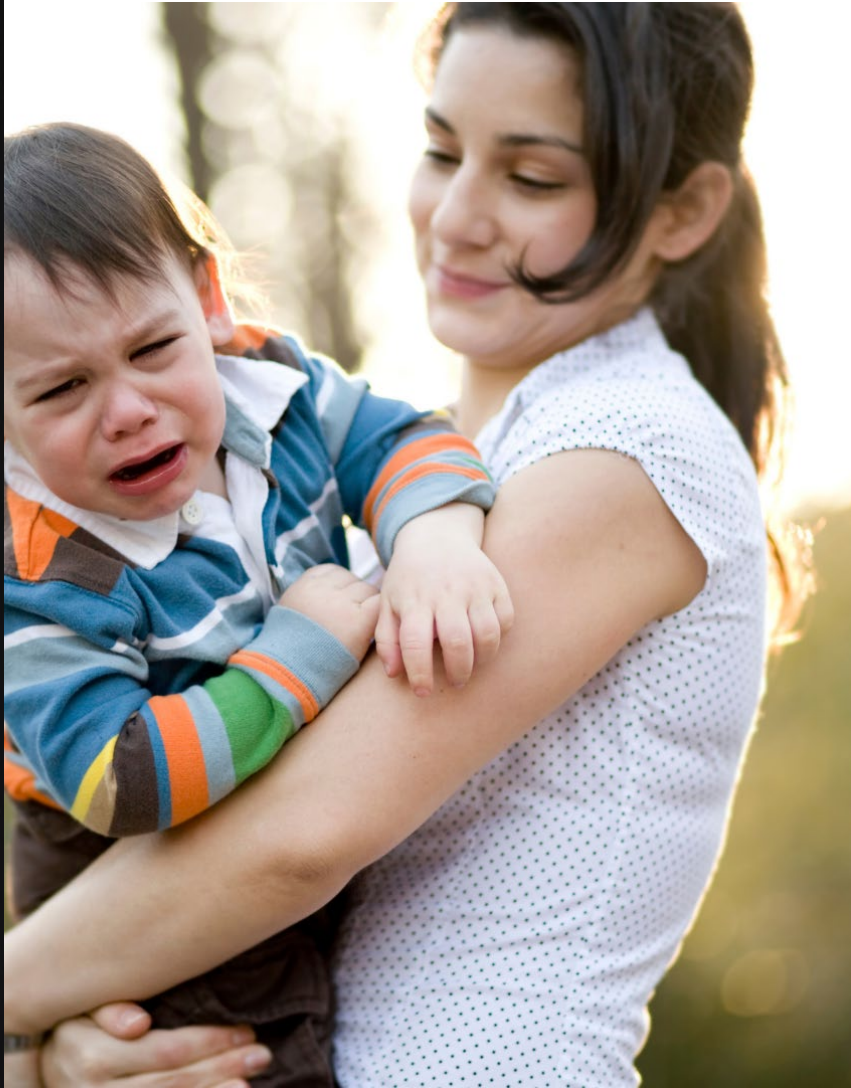
# CHALLENGING BEHAVIOURS

- A behaviour is considered challenging if it has a negative impact on another individual – this could be another child or an adult
- Behaviours are also labelled as challenging if the caregiver struggles with how to address it or if makes the adult feel uncomfortable. This can be different for everyone depending on personal experiences and knowledge.
- Challenging behaviours could include:
  - Biting
  - Hitting
  - Throwing
  - Whining
  - Crying
  - Defiance
- **REMINDER:** Behaviour is a child's way of communicating a need.

# CUES AND MISCUES

- Children have lots of ways of giving us cues as to what they need such as with their words, with their body language and with their actions.
- Sometimes children are not able to communicate what it is they actually need. This is called a miscue. This often happens when a child has learned that a behaviour or an action makes their caregiver (typically the parent) uncomfortable.





**CUE**

**MISCUE**



## CUE

- Child is upset by something that happened and does not want to be held

## MISCUE

- Child might be tired or hungry and is having trouble regulating his feelings
- Child shows signs of distress when trying to be comforted.





**CUE**

**MISCUE**



## CUE

- Child is feeling insecure and does not want the adult to leave

## MISCUE

- Child knows that the adult is hesitant to let the child leave so has learned to be clingy to make the adult feel better



**CUE**

**MISCUE**



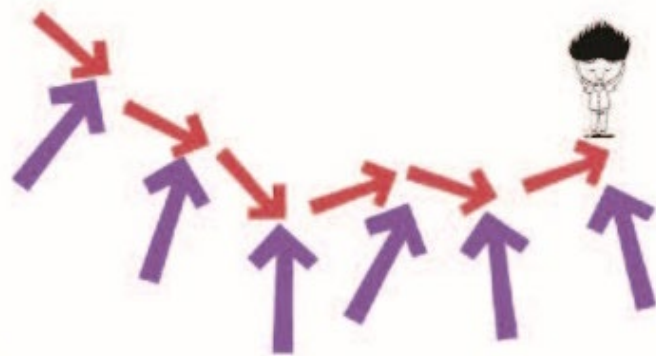
## CUE

- It is important to note that a child that is crying is never okay.

## MISCUE

- The child is trying to calm themselves because they have learned that their big emotions are not accepted by the primary adult. This child has most likely been told repeated "You're Okay," or "Stop Crying" by adults in their life.

Caregiver Pushing Child  
to Feel O.K.





**VS**





# CONNECTION

One of the most effective tools we can use is to join the child on their emotional journey by validating how they are feeling.....

# Barriers to Connecting:

Some thoughts and/or Feelings that stand in our way of being present with children in their moment of need.

- Stress (work or home)
- Anxiety
- Feeling unwell
- Tired/Run Down
- Childhood experiences
- Fears
- Feeling alone

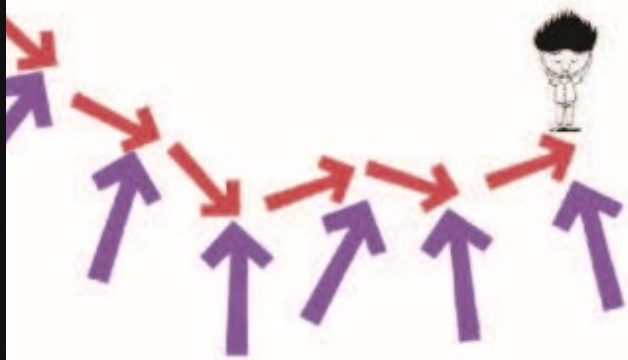






# HAPPY

Caregiver Pushing Child  
to Feel O.K.



VS

# SADNESS

Organize My Feelings







**We've all  
met that  
one child...**

