

Practical Toolkit For Challenging Behaviors: Tool #1

After A Hard Moment... Let's Repair

Hard moments happen in every relationship! After a hard moment, children need to know they are still loved, valued, and safe in the context of their relationship with an adult.



We can repair by:



Comforting



Sharing that we still
like and love the child



Playing



Validating that the
experience was
hard or scary

Phrases you might use:

"That behavior was scary for both of us. I'm going to keep working to help you feel safe."

"Thank you for sharing how that made you feel."

"I'm a grown-up who can handle your big feelings."

"You are important to me. I'm here to help."

"It is my job to keep you safe, even when you don't like it."

"We had a hard moment together. I have been thinking about it. I'm sorry I used a loud voice. I'm going to work on using a calm, kind voice even when I feel frustrated."

