

NAIDOC WEEK



**VOICE
TREATY
TRUTH** 07 - 14
JULY 2019
Let's work together for a shared future.

NAIDOC WEEK MARCH

Friday 5th July

Commencing from Nicolson Avenue Primary School Oval

Meet on Norrie Avenue side
9:30am for 10am start

Walking to Middleback Arts Centre
Followed by a Sausage Sizzle
and free screening of Storm Boy at 11am

If you have any enquiries contact 0412 298 625



Next week is Naidoc Week.

A number of classes will be taking part in the Naidoc March followed by the viewing of the film 'Storm Boy'.

Classes will also be able to participate in activities in the Aboriginal Education Room throughout the week.

How do I stop my kids from yelling/crying/exploding/hitting/chucking a tantrum?

It's no surprise parent/carers are keen to know some answers to this question! Big feelings for kids are often loud, hard to miss and can be outright embarrassing. It can also be very stressful for parents/carers to hear and see their kids acting in these ways. However, it is important to also keep in mind that when kids are yelling, crying, hitting, exploding etc., it is a sign that they are **emotionally overwhelmed and are struggling**. What happens when we are overwhelmed?

- Our brain instantly turns on our **"alarm system"** just like happens if we are in real danger.
- Stress hormones such as cortisol and adrenalin are released which makes the **heart beat faster, our breathing to go quicker and our muscles to tense up.**
- In this state, we have an urge to **fight** (hit, kick, throw things, say nasty words), **take flight** (run away, hide, make our bodies small) or **freeze** (stand still or drop to the floor and refuse to move).
- **Listening, thinking, reasoning, remembering and talking brain systems shut down** (to redirect blood flow to our fight, flight and freeze systems above). As a result we:

1. Can't think or listen well.
2. Can't express ourselves well.
3. Can't remember information well.

All of this is true for children too! When a child is emotionally overwhelmed and in "fight/flight/freeze" mode there is just not much point trying to tell them lots of information about why what they are doing is not okay – they just often can't make sense of it or respond to it in the way we want them to. Also, there is no point to continue to try and teach kids the things right then and there – they are not in a state to learn anything.

And when kids are in "fight/flight/freeze" mode, **WE will likely be feeling the same way too** – it's like tossing a pebble (or a boulder!) into a pond – **the ripple effect can be huge**.

What does the "fight/flight/freeze" response mean for us when we are dealing with "meltdowns" - or children who are crying/yelling/distressed?

One of the things to keep in mind is that as much as possible DELAY trying to teach children important information, asking them to tell you complex ideas or take in and remember instructions until they have a calmer body.

This is the WAIT strategy. It's not that we don't need to teach children how to behave in a calm and appropriate way - but there is a time and place, and when children are angry or frustrated, it's usually not the right time or place!

In other words, where possible we want to **WAIT**. **For example, we might want to:**

- Wait - until they have taken a few deep breaths.
- Wait - until they've had a chance to tell us what they need to say
- Wait - until they've done another activity and are calmer
- Wait - until we have time to talk
- Wait - until **we** are calmer
- Wait - until **we** have had a chance to talk about the issue with someone else

Excerpt from 'Calm Kids Central'