

## Distressed behaviour webinar: I see you, I hear you, you matter. Understanding and supporting children with distressed behaviour in early learning and primary school

In the past, children's behaviour difficulties were called "challenging". Modern research and a better understanding of children in general have seen most professionals working with children to shift their language from "challenging behaviour" (where the emphasis is **our** experience of the child) to "distressed behaviour" (where the emphasis is what is **going on** for the child).

Distressed behaviour can take many forms – anger, aggression, physical and verbal abuse, defiance, oppositional behaviour as well as self-harm and injury. Children with distressed behaviour often have an underlying mental health issue that requires treatment. The importance of addressing this issue is paramount given around a quarter (24%) of children with conduct problems displayed 'a constellation of problems' with anxiety, emotion, and inattention in adolescence (Bathelt et al, 2021) and there is strong evidence that mental disorders in childhood and adolescence predict mental illness in adulthood.

By completing this webinar, you will have a deeper understanding of:

- why children might act out
- why children experience distress
- the purpose of distressed behaviour: for children to reach a goal or have a need met
- how distress can affect participation in class
- the links between some distressed behaviour and mental health conditions
- serious internalising disorders
- the Window of Tolerance (Within the window: the best state in which children can function and thrive. Outside the window: where children can become hyper-aroused, or hypo-aroused)
- strategies and techniques to assist children manage their distress when dysregulated.

### Who is this suitable for?

This NESAs accredited online workshop will assist teachers, educators and other professionals who work with children aged between 4 to 12 years.

### NESA accreditation

Completing I see you. I hear you. You matter: Understanding and supporting children with distressed behaviour in early learning and primary school will contribute 4 hours of NSW Education Standards Authority (NESA) Accredited PD in the priority area of student/child Mental health addressing standard descriptors 4.1.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

### Event details

**Date:** Friday, 14 October 2022.

**Time:** 10am to 2:30pm AEST.

**Price:** \$180 per person, including GST.

**Speaker:** Heather Irvine-Rundle, clinical psychologist and director of The Read Clinic.

**Location:** Online webinar. Registered guests will receive an email with webinar details the week prior to the presentation.

**Book tickets:** <http://www.committedtochildcareconferences.com/distressed-behaviour-in-children-online-workshop-October-2022>