



## Behavior is Communication



**Hungry**  
**Angry**  
**Lonely**  
**Tired**

If we're **Hungry**/thirsty, **Angry** **Lonely** or **Tired** we can't do anything well. Before trying to solve a problem we need to take care of the most basic needs. Sometimes we expect kids to handle these needs with even more grace than we do as adults, though they have fewer resources and experiences to pull from. The first thing to ask yourself is, Is my child, or am I, hungry, angry, lonely or tired? What can I do to take care of that first?

If you've been upset, you may need to reconnect – or you may need to let your child know they can help repair situations by making amends.

### The 3 R's of Reconnection are:

- Rewind—acknowledge hurtful behavior (“What I said was hurtful”)
- Repair—apologize and let the [other person] know he did not deserve our behavior
- Replay—respond with love and listening

We will always know when connection is re-established. When [others] feel connected, they make eye contact with us, they talk to us, and they welcome our touch.” Pg.38, *Connection Parenting* by Pam Leo



**BUILD** time  
skills  
comfort  
training  
routines  
attention  
validation  
empowerment

### Think of long term ways to meet the need that the behavior is communicating.

Could it be that your child ready for more responsibility? Or do they have too much responsibility? Do they need attention or training? Would a written routine help them know what's expected of them? Was their behavior simply a part of this stage of life? What can you put in place for next time?