



Dynamic Solutions for change

Being a Detective

The first step on to journey to change is being a detective. We need to find information out to help us work out what is happening for your child before we can do anything to change them.

Firstly, we need to find out what are the triggers to your child's behaviour. It may seem that their behaviour is happening for no reason, or coming out of the blue, but this is not the case, there will be a trigger but it will need some investigating to work out.

This is where keeping the diaries all these weeks will help, think about them as a police officers notebook. All the information you now need is in them

So lets put on our Sherlock hats, and find out about triggers:

Triggers usually fall into two categories:

1. Outside your child triggers. These can be easily spotted and may be hearing the word 'no', being over tired, hungry, sibling rivalry, being hurt or bullied. So, our first task is to look over the diary sheet to see if there is a clear **PATTERN** to the triggers. Have a look at
 - The time of day



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- Sensory change in the room
 - Hunger
 - Reminders of their past trauma
 - Whose usually around
 - Where does it happen most
 - What happens before the behaviour
 - How do you deal with it?
2. Inside your child triggers. These are the hardest to find, because they are triggers that are about how your child feels, thinks and can be triggered from past experiences. Some ideas are
- Remembering feeling cold, hungry
 - Being scared of being alone
 - Being afraid that they are not loved
 - Worry of being left alone
 - Thinking that adults are not safe, can't look after them or keep them safe
 - Anger linked to trauma



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So, your job as a detective is to try to work out for lots of the issues you are having at home and school, what are the triggers?