

Building the tool box: 60 second shout

There's no natural consequence for hitting or violence in any form. This is a zero-tolerance issue and needs to be addressed immediately and needs to be addressed on the first instance of violence, there are no second chances. You must use the 60 second rule with this to both help you to express your emotions (the natural consequence for being hit is that the person you hit is angry, upset and hurt) and then the child needs to understand what emotion triggered their need to be violent. The strategy then is

30 SECONDS: to tell the child honestly how they have made you feel. Use 'I' statements, not 'you have' statements. This is not an opportunity to tell them about how angry you are with them but to tell them how upset you feel. It allows you to let out your emotions so that you don't bottle them up and become vengeful or disconnected from your child.

30 SECONDS of repair: to empathise with your child about how they feel, and what drove their behaviour

'I understand that you are feeling scared right now, and this made you hit me'
Link their feelings and thoughts with their actions like we practiced in previous weeks.

Ideally these two 30 seconds are back to back but even if you can't do the empathetic 60 seconds yet, come back an hour later and repair then. We want to inject **empathy** into our child by showing them how another person feels (in this case you) our goal is that they'd see that they hurt someone, feel badly, and stop rather than continuing to hit the child whose now on the ground because all they can see is that it feels good to them.

Don't use the 60 seconds in the midst of the crisis, when you feel dysregulated or vengeful, or when your child is at the plateaux of their own arousal level, wait until they've calmed down