

Scripts

Scripts are something we use on a daily basis. They help us respond to challenging behaviours in a calm and consistent way. When a child is beginning to struggle with their behaviour, they need somebody else to positively intervene and give them a way out or a distraction from the situation they find themselves in. If we use scripts consistently every time we are faced with challenging behaviours, it prevents us from responding emotionally and enables us to get the desired outcome for both the child and ourselves. It also means our response is always predictable and will make the child feel empowered to start making the right choices for themselves.

Scripts limit communication to the basic information needed so that the processing time for the child is kept to a minimum. The following is the basic structure to a script you can use in any situation followed by an example for how you might use it:

- **Child's name** (John)
- **I can see something has happened** (I can see you're finding this really tricky)
- **I am here to help** (let me help you)
- **Talk and I will listen** (tell me what happened)
- **Come with me and.....** (let's go and sit down over here so we can talk about it)

It might feel unnatural the first few times you use a script but the key to it being successful is using it every time you are faced with challenging behaviours. Consistency is the key, the more you use it the easier it will become and you will soon start to see the positive impact these scripts have on a child.

Examples of Positive Phrases

Kind/Safe/Quiet words please Billy

Kind/Safe hands please Martha

Walk inside, thank you

We need to finish this

Sensible and safe behaviour

First and then

Now.... and next....

We will talk about this later

There will be a consequence

Talk and I will listen

I need to keep you safe

Repeat/Remind/Provide Take-Up Time
Say Please/ Say Thankyou