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## Behaviour & Sleep

# Behaviour

Children show us how they are feeling in the way they behave. The reasons might be more obvious at some times than others. It is affected by age, understanding, experiences and personality.

Behaviour is a way of communicating. It can take time to work out what children are trying to tell us. Changes in behaviour might be because of;

- Change or family difficulties such as starting school or parental conflict.
- A need for more boundaries, routines or activity in day to day life.
- How they deal with information from their senses – finding some noises, smells or situations ‘too much’.



It is common to worry that behaviour is caused by a condition or diagnosis, but it is always important to think about other causes for behaviour. These could be worries, frustration, tiredness, hunger or pain.

Children with additional needs that experience some behaviour difficulties will still benefit from being responded to in a calm, kind way and from routines and boundaries, alongside any extra help they might need.

## Understanding Behaviour

Children and young people's brains are continually developing the ability to control their emotions. This takes time.

Click the button below to find out more about understanding your child's behaviour, as well as read advice to help support you both.

Understanding Behaviour  
(<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/understanding-your-child-s-behaviour/>)

## Behaviour Troubleshooting

Sometimes children's behaviour can really challenge us; it is not always easy to know what to do and how to help.

Click the button below for tips and advice about how to manage behaviours like hitting, kicking, biting, sharing and friendship struggles.

Behaviour Troubleshooting (</child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/>)

## Who can Help?

Remember all children are different but if you are worried speak to your child's preschool setting or school, they will be happy to talk to you about how best to support your child.

You can contact the Healthy Child Programme by calling **Just One Number** on **0300 300 0123** or texting **Parentline** on **07520 631590** to talk to a health professional for advice and support. Our opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.

Alternatively you can go to see your GP to discuss concerns.

If you are 11-19 you can text Chathealth on **07480 635060** for confidential advice from one of the Healthy Child Programme team.

To speak to other Norfolk parents and carers, you can join our online community forum below.

### Ask Norfolk Parents

Click here to speak with other parents & carers

(<https://healthunlocked.com/one-norfolk-parents>)



Information, advice & support

(<https://www.norfolksendiass.org.uk/>)



Norfolk SEND Local offer Website

(<https://www.norfolk.gov.uk/children-and-families/send-local-offer>)

### NORFOLK COMMUNITY DIRECTORY

Information, advice, services and activities across Norfolk

(<https://www.norfolk.gov.uk/norfolk-directory>)



NCHC - Children's Services

(<https://www.norfolkcommunityhealthandcare.nhs.uk/childrens-services>)

Also in this section...

Behaviour → (</child-development-additional-needs/behaviour-sleep/behaviour/>)

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Understanding Your Child's Behaviour → (</child-development-additional-needs/behaviour-sleep/understanding-your-child-s-behaviour/>)

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Behaviour Troubleshooting → (</child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/>)

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Norfolk Positive Behaviour Strategies (PBS) → (</child-development-additional-needs/behaviour-sleep/norfolk-positive-behaviour-strategies-pbs/>)

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Behaviour & Sleep → (</child-development-additional-needs/behaviour-sleep/>)

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Child Development & Additional Needs → (</child-development-additional-needs/>)

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[online Learning - Solihull Approach \(/online-learning/\)](/online-learning/)

[Still Worried / Need More Help? \(/our-services/still-worried/\)](/our-services/still-worried/)

## Need more information

Ideas for Nurturing Your Child's Development: 0-3 Year Olds → (<https://www.zerotothree.org/resources/series/healthy-minds-nurturing-your-child-s-development>)

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Norwich Mumbler- Baby and Toddler Groups Across Norfolk → (<https://norwich.mumbler.co.uk/>)

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Encouraging Reading - Words For Life → (<https://wordsforlife.org.uk/>)

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Hungry Little Minds - Activity Ideas For 0-5 → (<https://hungrylittleminds.campaign.gov.uk/#2>)

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# Other Useful Pages



## Understanding Your Child's Behaviour

(/child-development-additional-needs/behaviour-sleep/understanding-your-child-s-behaviour/)



## Behaviour Troubleshooting

(/child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/)

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