**Ways of responding empathically to children’s (difficult) behaviours** Box 14

*• You really want another one don’t you, but .*

* *You really want it now. It’s so hard to have to wait when you want something, but*

*you will have to wait till ,*

* *When he said that I think it made you feel a bit bad inside didn’t it. .*

*• You’re feeling a bit bad about that aren’t you. Maybe you could .*

*• People can really hurt you when they say things like that.*

*• It can be so hard to try again when something goes wrong*

*• It was hard for you to try again wasn’t it, but you managed it.*

*• You want to say something I know, but I’m just listening to .*

*• I know you want to talk to me, but you will just have to wait until .*

*• I think you need help with that.*

*• You look like you’re enjoying that.*

* *Its hard when you both want to talk to me at the same time isn’t it.*
* *I think that hurt you*
* *It must be so hard to manage…………………*
* *It can be SO frustrating when ……………*

***When setting boundaries, or communicating expectations – use ‘ACO’***

*A = Acknowledge the feeling*

*C = Communicate the limit or expectation*

*O = Offer help or offer alternatives*