**Examples of empathic responses to children’s behaviours** Box 12

After you have stopped the antisocial behaviour (if that is necessary) you might say:

* You really want ……………… I know you do, but you can’t ……… because ….

• You really wanted to be first, didn’t you, but ... …………….. got there first.

* I think you’re a bit cross with me for not letting you …….., but I need to ……….

• It’s hard to manage when we’re so full of BIG feelings. How about we …….

* That’s making you very cross isn’t it. It’s so hard to manage our feelings when we’re cross, and not let them burst out and hurt someone. Maybe you could ……………. .

• Maybe your BIG feelings just became too big to manage when ……. and………..

* its time to stop now Sam, but I can see you want more time. We have to ……… Maybe …..

• That hurt you didn’t it. Do you want to tell me about it?

* Sometimes we *wish* we hadn’t done something, but it’s too late.

I wonder how we could make it better.

• It’s so hard to try again when something goes wrong isn’t it. It’s just so frustrating!

• Sharing can be so hard. We can worry there won’t be enough for us.

• Taking turns can be hard, because sometimes we feel we just need more, but ....

* It can be SO frustrating when ……………
* We don’t need to talk about it if you don’t want to. Maybe later we can…………….