What is Understanding Big Behaviours about?

Understanding behaviour as

- **communication**
- **information**



so that we can offer
support BEFORE overwhelm

(not as something to fix or control)

What is Understanding Big Behaviours about?

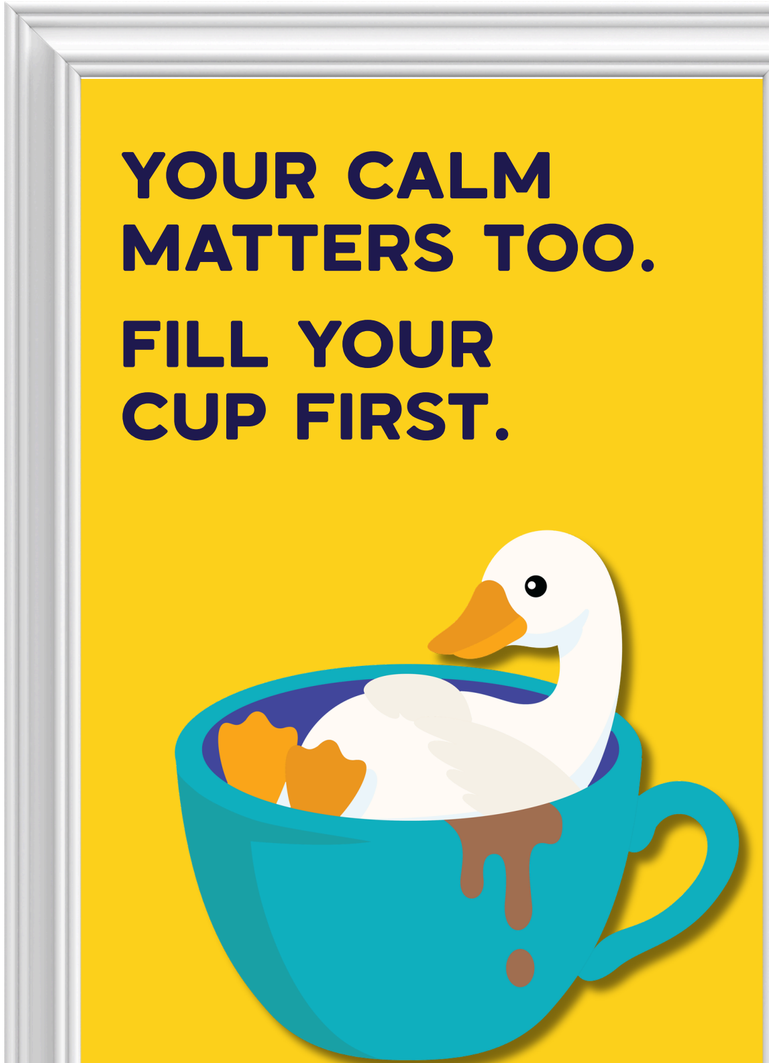
Understanding your own

- triggers
- responses
- emotions
- regulation needs

BEFORE co-regulating someone else.

(you can't give from an empty cup)

YOU FIRST.
THEN THEM.



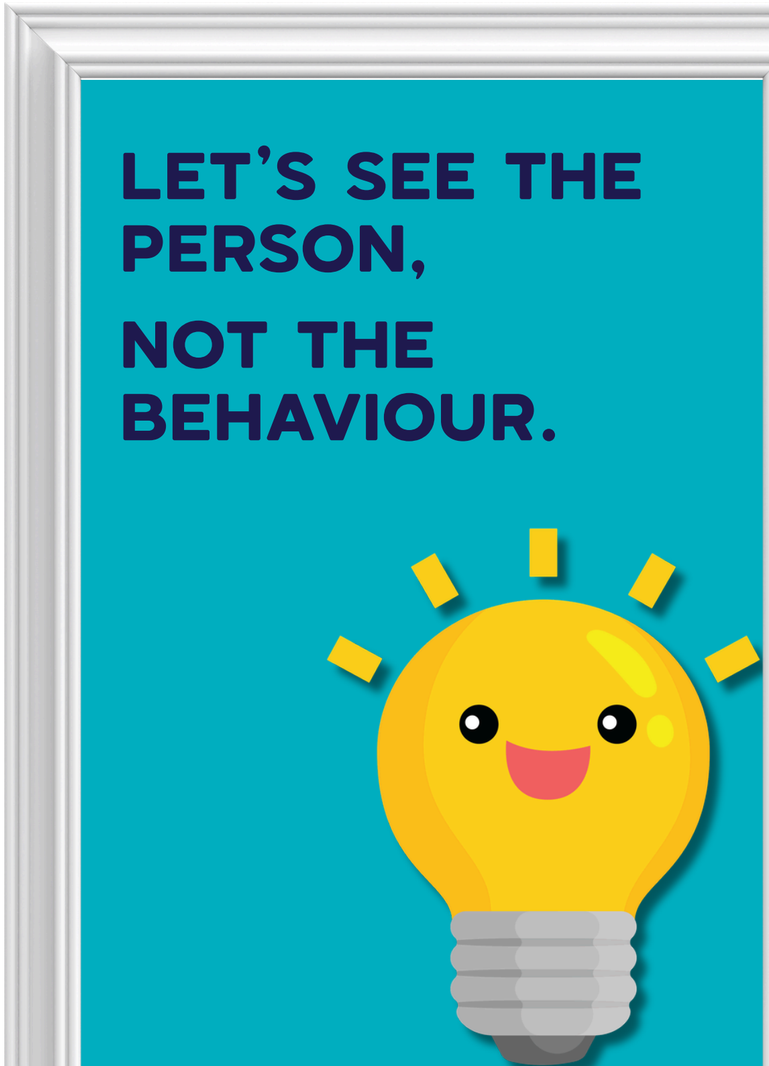
What is Understanding Big Behaviours about?

Responding with

- Understanding instead of judgement
- Connection instead of control
- Love instead of assumption

Creating calm environments

Strengthening relationships



How do we teach this?



We look at the iceberg model.

The behaviour you see is the END result.

It's the tip of the iceberg.

We want to discover what's going on underneath.

What happened BEFORE the behaviour?

How do we teach this?

We look at our pyramid model and build on each lesson/concept.

Lesson 1: My Triggers

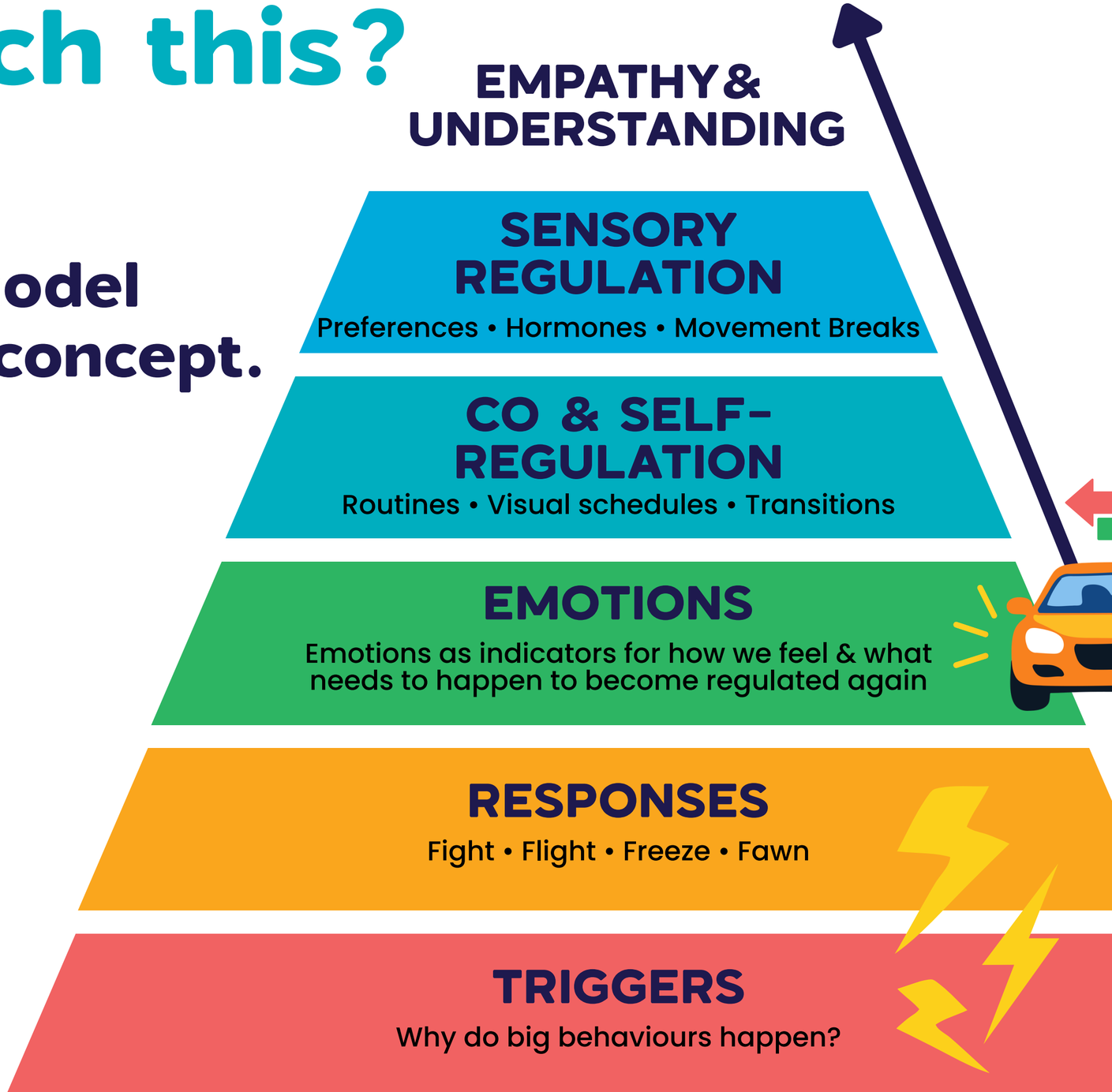
Lesson 2: My Responses

Lesson 3: My Emotions

Lesson 4: Regulation

Lesson 5: Sensory Regulation

Lesson 6: Build a Sensory Profile



Reframing mindsets

Supports, not rewards

eg: Movement breaks help you to...

Movement breaks should never be rewards for 'good behaviour'



improve body awareness



organise your brain



improve attention



organise sensory input



decrease defensiveness

Reframing mindsets

Less is more

eg: Why don't we reason during a meltdown/shutdown?



your voice adds to their sensory overwhelm



the reasoning part of the brain is offline



they didn't choose this



they are not being naughty



they are in survival mode

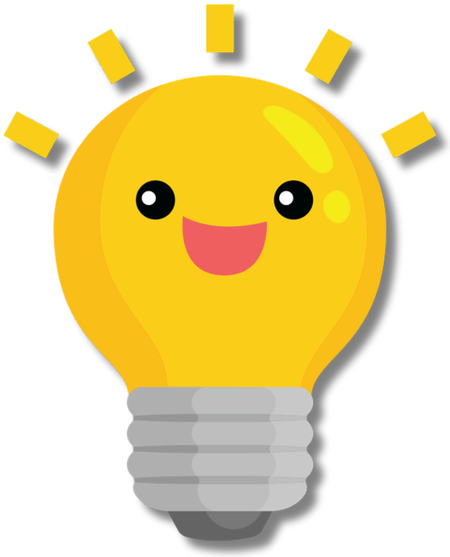


the brain is flooded

Why is Understanding Big Behaviours important?

When we look beyond the behaviour and get curious about what's underneath, we can:

- See the person, not just the behaviour
- Respond with understanding rather than judgement
- Choose connection rather than control
- Help people feel seen, heard, valued and safe
- Create calmer environments where relationships can thrive



Who is Understanding Big Behaviours for?

parents & families

teachers & EAs

support workers

carers

allied health

- Diagnosis not required
- No set age - you can do this with a child/client, or on their behalf
- We all have sensory triggers and preferences
- We all get tired, grumpy and overwhelmed at times
- We all can all supports into our day to help keep us calm and regulated

Who is Understanding Big Behaviours for?

We have clients doing this course

- At home together as a family
- Parent/s on behalf of their child/ren
- Teenagers with Autism/ADHD/PDA to better understand themselves
- Support workers for/with their clients
- Teachers & EAs in classrooms
- In therapy alongside allied health professionals who add their expertise
- Coming soon 2027: Playgroup parenting course for parents of 0-4yos

How do we teach this?
Online Course

Watch the short 2-6min course videos at your own pace

- My Triggers: 10 videos, 33 mins
- My Responses: 8 videos, 31 mins
- My Emotions: 2 videos, 10 mins
- Co & Self Regulation: 3 videos, 24 mins
- My Sensory Regulation: 5 videos, 20 mins
- My Sensory Profile: 1 video, 2 mins



What to expect
Online Course

Loads of colourful & engaging visuals

- Visuals
- Short desciptions
- Voice over
- Subtitles
- Matches the workbook



How do we teach this?
Workbook

Take notes as you watch the videos

The workbook matches the course videos

- Watch the videos
- Take notes
- Do the activities for YOU
- Do the activities for the person you care for



Build your Sensory Profile

The whole course & workbook work towards building a sensory profile

This is an amazing resources to give to your

- paediatrician to help with diagnosis
- therapists as a 'cheat sheet' to get to know your child
- child's teacher to support them at school

and to help you with supports at home.



Why might I need the Big Behaviours course?

Any of these sound familiar? Are you...

- Finding it hard to stay regulated when someone around you is overwhelmed?
- Wondering why seemingly small things can lead to BIG reactions?
- Unsure how to approach trauma responses, or meltdowns vs tantrums?
- Unsure what supports to put in place or when to use them?
- Needing a fun and engaging resource to facilitate change, growth and to strengthen relationships?
- Wanting to ‘get on the same page’ and understand and support people with ‘big behaviours’ together?

You choose
Option 1.

online only

- Online course

Print at home:
- Workbook
- Routines & Visual Schedules

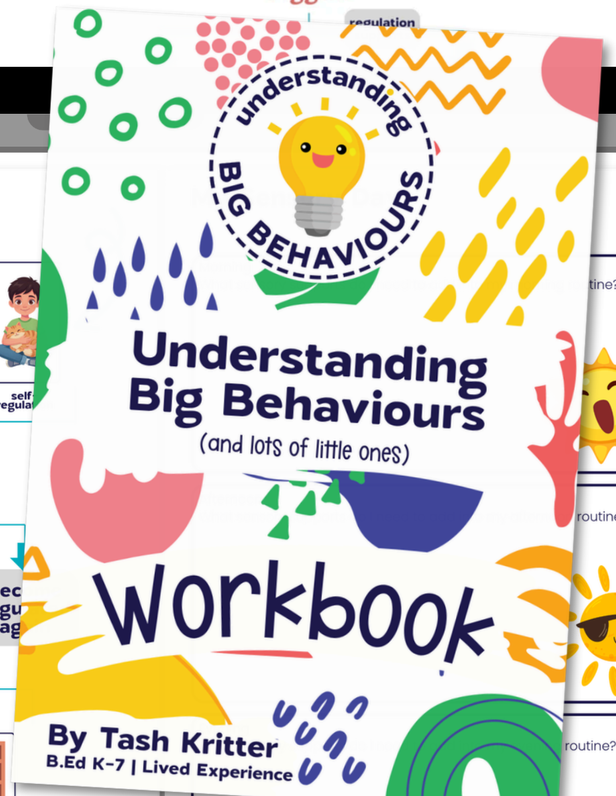
Shop Now

$89









You choose
Option 2.

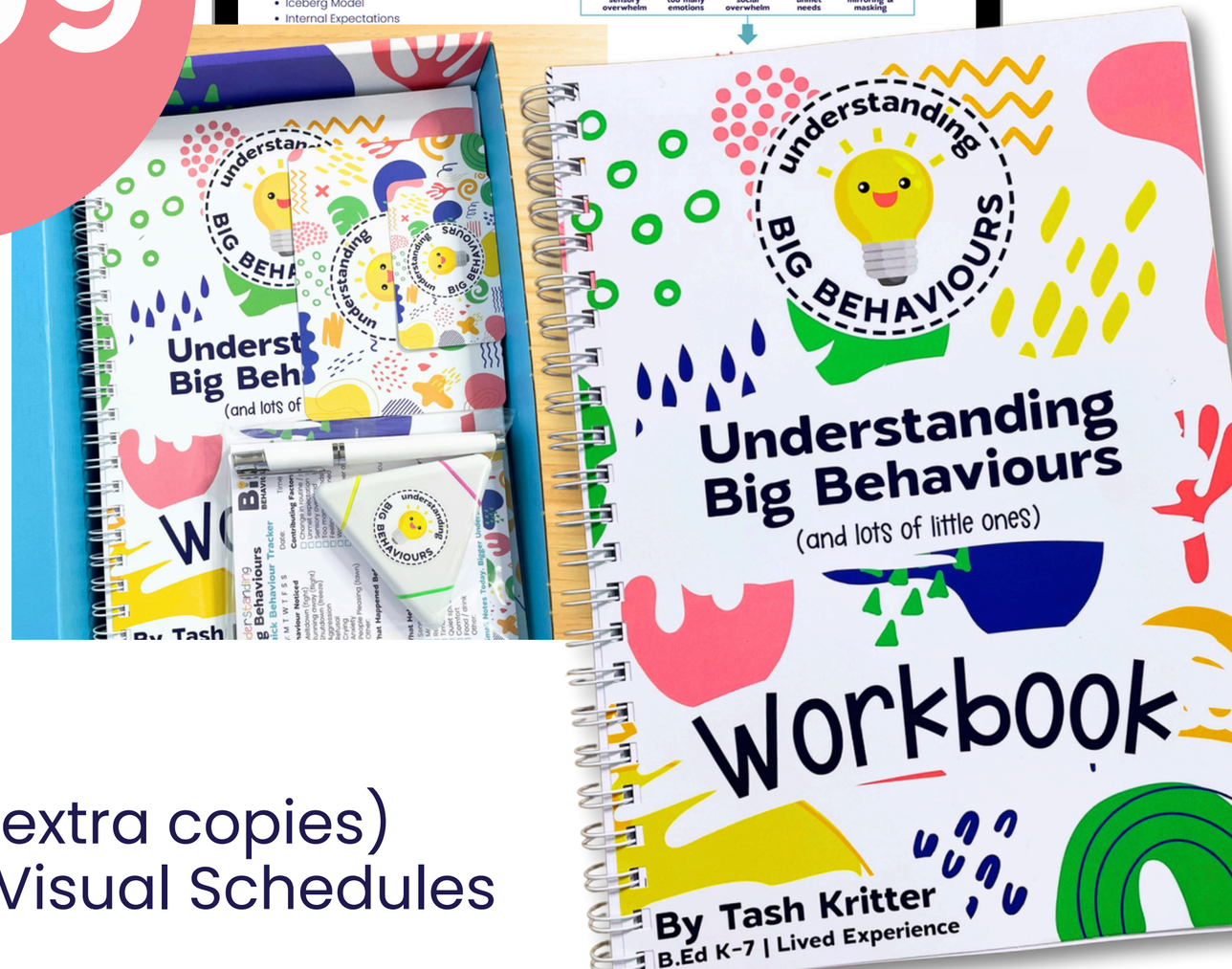
$199

online + printed workbook

- Online course
- Printed Workbook
- Hightlighter
- Trigger Tracker
- Pen
- Pretty box 😆💕😊
- Express Posted

Shop Now





Print at home:

- Workbook (extra copies)
- Routines & Visual Schedules

Need an NDIS invoice?

Core: Low Cost Consumables

Fill out the form and send your child's

- full name
- NDIS Participant number
- postal address

1. We'll invoice you
2. You claim with NDIS or your plan mananger
3. We'll post out your order once paid

NDIS Invoice



The boring stuff

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Ask Tash

