

# Creating the Conditions

## *Looking beyond behaviour*

Instead of asking...

*How do I stop this behaviour?*

This guide asks...

*What conditions might help this behaviour become easier?* ♥

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
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|  |  |  |  |  |  |  |  |  |
| <b>Sleep</b>                                                                      | <b>Nutrition</b>                                                                  | <b>Environment</b>                                                                | <b>Sensory</b>                                                                    | <b>Connection</b>                                                                 | <b>Demands</b>                                                                    | <b>Interests</b>                                                                    | <b>Executive Function</b>                                                           | <b>Parent Wellbeing</b>                                                             |
| Restful sleep helps everything else.                                              | Food fuels moods, energy and focus.                                               | A calm, safe, predictable space matters.                                          | Sensory comfort reduces overwhelm.                                                | Feeling seen and secure builds resilience.                                        | The right amount at the right time.                                               | Engagement opens the door to growth.                                                | Skills can be supported and scaffolded.                                             | Your calm is your child's foundation.                                               |
|  |  |  |  |  |  |  |  |  |



1. WHICH OF THESE ARE ALREADY SUPPORTING MY CHILD?

- |                                               |                                         |
|-----------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Sleep                | <input type="checkbox"/> Independence   |
| <input type="checkbox"/> Predictable routines | <input type="checkbox"/> Good nutrition |
| <input type="checkbox"/> Quiet spaces         | <input type="checkbox"/> Exercise       |
| <input type="checkbox"/> Time to recover      | <input type="checkbox"/> Downtime       |
| <input type="checkbox"/> Connection           | <input type="checkbox"/> Other: _____   |



2. WHICH AREA FEELS WEAKEST AT THE MOMENT?



3. ONE SMALL ENVIRONMENTAL ADJUSTMENT I COULD MAKE



4. ONE THING I COULD STOP DOING



5. ONE THING I COULD START DOING



6. IF I CHANGED NOTHING ABOUT MY CHILD...

*...what could I change around them instead?*



*Small changes in the conditions often create the biggest changes in behaviour.*

You don't have to change your child to help them grow.  
You just have to create the right conditions for growth.

