

# PRACTICE TOOL

## BEHAVIOURS ARE JUST THE TIP OF THE ICEBERG

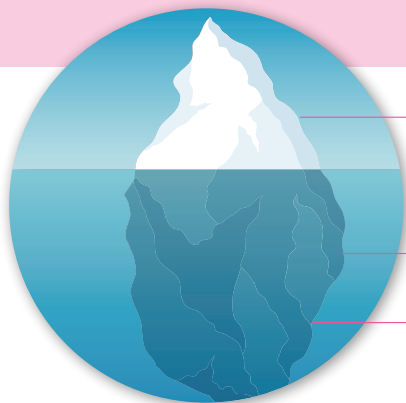
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### BEHAVIOURS

When we think about what is going on for children and young people it can be helpful to think about an iceberg, where behaviours are just the thing we see above the surface. To really assess what is going on we should think about the feelings and needs that sit below.

### CARE PRINCIPLES

- Relationship Based 
- Developmentally Focused 
- Trauma Informed 
- Family Involved 
- Competency Centred 
- Ecologically Oriented 



● BEHAVIOURS

● FEELINGS AND NEEDS

● THOUGHTS AND MEMORIES

If we think about the feelings, needs, thoughts and memories that might be driving the behaviour it is easier to find ways to help.



### ACTIVITY

#### UNDERSTANDING BEHAVIOURS

Think about the behaviour you see in a child you know.

- What do you think the child is feeling?
- What does the child need or want?
- What thoughts might be influencing them?
- What experiences or memories might be contributing?
- How can you respond and provide comfort to the child?

#### PRACTICE TIP

*'I keep a laminated copy of the iceberg with me for home visits, and when families are struggling with behaviours, we brainstorm together the behaviours we are seeing (at the top) and then what could be going on underneath. I have found it a really good way to help the children of Foster Carers think about the feelings of the children who come to live them.'* (Kirsty, LWB Carer support staff)

### References