the CLINICAL COLLECTIVE

Confidently Responding

Remember:

- Talk to your child about what is happening
- Get them to help you understand what they were thinking, feeling & doing before the CSB happened

1

As you increase supervision & spend more time with eyes and ears on your child, you will have more opportunities to identify things that may prompt them. Possible prompts can include:

- Certain places, people or times of day
- Feeling anxious or unsuccessful
- Feeling lonely or unwanted
- Needing nurturance or attunement
- Needing to manage an unpleasant feeling or thought
- Needing to feel secure
- Needing to manage a stressful situation
- Being bored and not having a lot of structure or purpose in a daily routine
- Watching TV or Internet sites with sexual content
- A lack of privacy

Young children may describe their prompts as a "feeling they get in their tummy". Older children may be able to use language to describe that "I feel like I'm going to do something bad, or I want to break a rule."

2

Focus on teaching the child to replace the sexual behaviour with something else – this is called redirection:

Activities that use energy like riding a bike or kicking a ball

Activities that distract a child's mind, like a puzzle or Lego

Activities that help a child be aware of their own behaviour, like thinking about the consequences, or counting to 10

3

Sometimes it's not possible to identify any prompts. There are still steps you can follow as a caregiver:

Stop and interrupt the behaviour

Talk them through situations that feel stressful

Teach your child they are not alone – you will not be angry if they come to you for help

Consider a code word for when the child is thinking about or worried about a CSB. That can be a signal to you that they need help

When they ask for help, praise and encourage them for doing so