



THE PARENT DETECTIVE QUICK GUIDE

T U R N I N G T A N T R U M S I N T O
C O M M U N I C A T I O N

THE CORE PRINCIPLE

Behaviour is just a signal for an unmet need.

Instead of asking "How do I stop this behavior?" ask "What is my child trying to tell me?"

HONEST ABOUT PARENTING





THE DETECTIVE FRAMEWORK

Step 1: Ensure Safety

If there's any immediate danger to your child, yourself, or others, address that first.

Step 2: The "Pause and Ask" Method

1. Pause - Take one deep breath (a real one)
2. Ask yourself - "What is my child trying to tell me right now?"
3. Shift from **PANIC** mode to **THINKING** mode

THE FOUR CORE NEEDS (BY AGE)

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Ages 2-4: Basic Needs

- **Connection** - Do they need my attention and presence?
- **Autonomy** - Do they need some control or choice?
- **Safety** - Do they feel secure and protected?
- **Physical** - Are they hungry, tired, or overstimulated?

Ages 5-7: Expanding Needs

- **Fairness** - Does the situation feel unfair to them?
- **Competence** - Do they need to feel capable?
- **Belonging** - Do they feel included and valued?
- **Understanding** - Do they need clarity about what's happening?

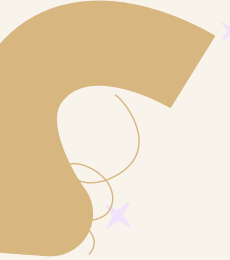



THE FOUR CORE NEEDS (BY AGE) - CONT'D

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Ages 8+: Complex Needs

- **Identity** - Do they need to express who they are?
 - **Purpose** - Do they need to feel their actions matter?
 - **Justice** - Do they see something as fundamentally wrong?
 - **Respect** - Do they feel heard and acknowledged?
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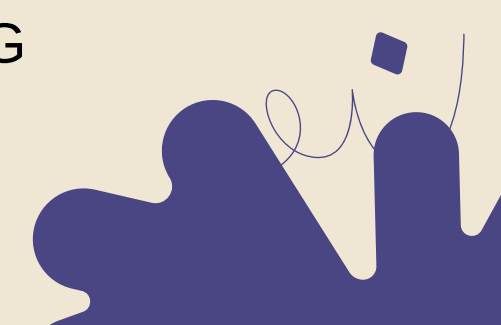
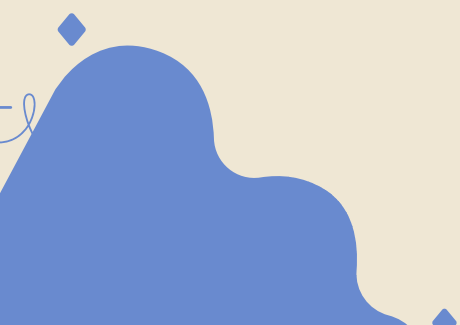
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COMMON BEHAVIOUR SIGNALS

Behavior	Possible Need	Detective Questions
Tantrums/Meltdowns	Connection, Autonomy, Safety	"Am I rushing them? Do they have any choices here?"
"I hate you!"	Autonomy, Fairness	"Do they feel powerless? Is something unfair?"
Hitting/Aggression	Safety, Connection	"Are they overwhelmed? Do they need my calm presence?"
Whining	Connection, Understanding	"Have I been distracted? Do they understand what's happening?"
Defiance	Autonomy, Respect	"Are they feeling controlled? Do they feel heard?"



THE 3-STEP RESPONSE

1. Acknowledge the Need

"I see you're upset. It sounds like you need..."

2. Set the Boundary (if needed)

"It's okay to feel angry, but I can't let you throw toys."

3. Offer Connection

"Let's figure this out together. What would help right now?"





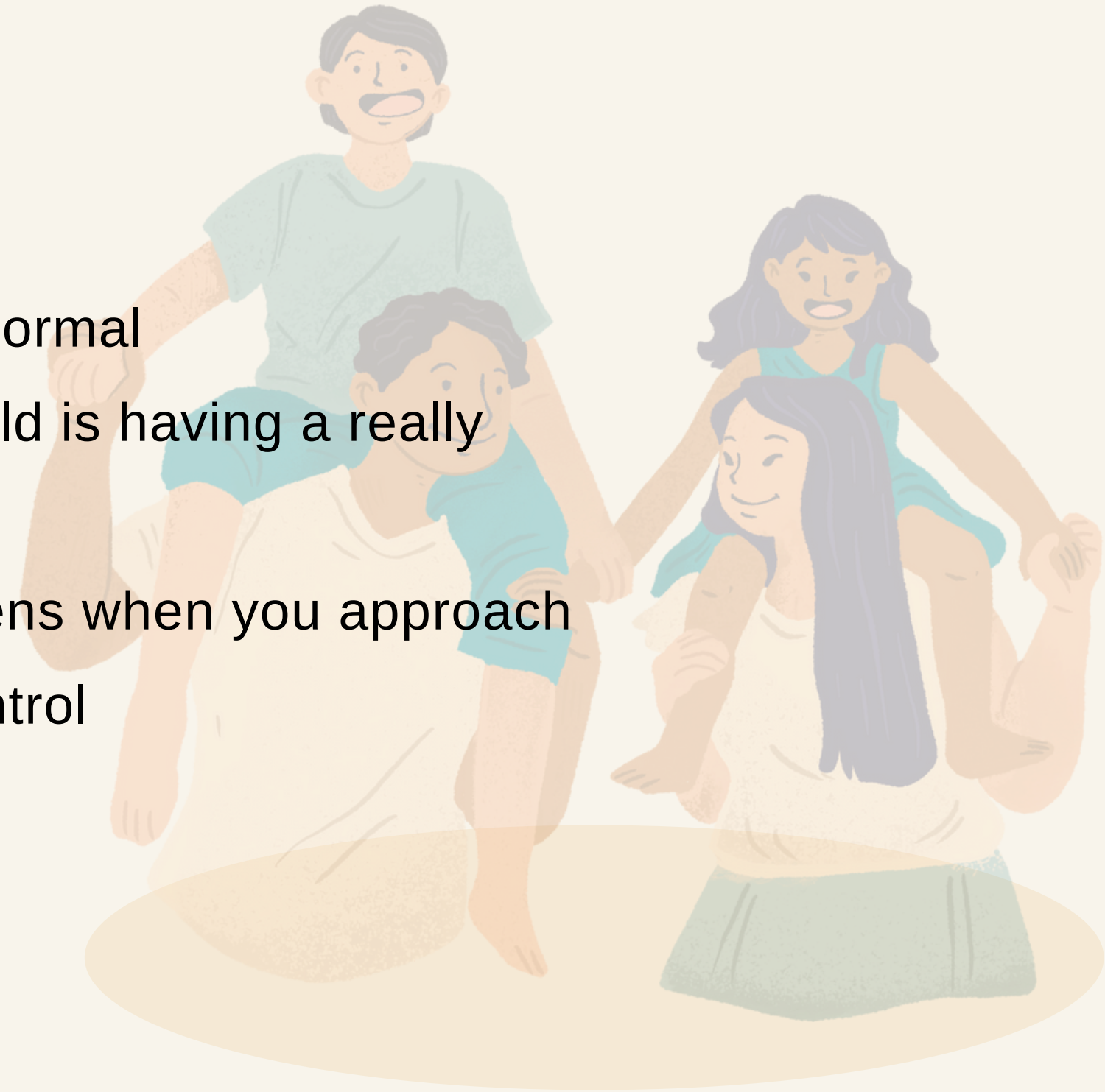
REMEMBER

1. Your child isn't giving you a hard time - they're having a hard time
2. Even if you guess the need wrong 50% of the time, your shift from judgment to curiosity changes everything
3. This approach saves time long-term by teaching self-regulation instead of just managing behaviour
4. You're still setting boundaries - you're just understanding WHY they're being pushed first

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WHEN IT DOESN'T WORK

- Some days you'll forget to pause - that's normal
- Some days it won't work because your child is having a really hard day - that's also normal
- The key is beginning to notice what happens when you approach big emotions with curiosity rather than control



THE GOAL

Isn't perfect parenting - it's connection-based parenting that helps your child learn to understand and communicate their own needs.



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**ANY QUESTION?
FEEL FREE TO ASK!**



honestaboutparenting@swayclarke.com



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