

Twelve Posts about Violent and Challenging Behaviour in SEND Children

All about the project

1. The SEND VCB Project – what we do and why it matters
<https://yvonnenebold.com/the-send-vcb-project-what-we-do-and-why-it-matters/>

These next two posts really cover the basics. The second one is the series of 10 videos, which are short enough to watch them all back-to-back in less than an hour

2. Violent and challenging behaviour – the basics
<https://yvonnenebold.com/resources-on-send-vcb/violent-challenging-behaviour-the-basics/>
3. Yvonne's top ten videos on SEND VCB
<https://yvonnenebold.com/yvonne-top-ten-videos-on-send-vcb/>

Empowering parents to feel better about themselves, which is an essential first step in being able to have the tenacity and resilience to support a child to change

4. This is not your fault
<https://yvonnenebold.com/resources-on-send-vcb/this-is-not-your-fault-vcb-blog-series-1/>
5. 15 Resilience tips for parents of children of SEND VCB
<https://yvonnenebold.com/resources-on-send-vcb/15-resilience-tips-for-parents-of-send-children-with-vcb/>
6. Mental strength and emotional resilience for parents of children with SEND VCB
<https://yvonnenebold.com/resources-on-send-vcb/mental-strength-emotional-resilience-for-parents-vcb-blog-series-3/>

How to take that first step in turning a child's behaviour around

7. The first steps in turning around your child's behaviour
<https://yvonnenebold.com/resources-on-send-vcb/the-first-steps-in-turning-around-your-childs-behaviour-blog-series-5/>

About specific aspects of behaviour

8. The link between anxiety and meltdowns
<https://yvonnenebold.com/resources-on-send-vcb/the-link-between-anxiety-and-meltdowns-vcb-blog-series-2/>
9. Screen time and how to get the balance right
<https://yvonnenebold.com/screen-time-and-send-children-how-to-get-the-balance-right-vcb-blog-series-8/>
10. What to do when your child controls the whole family
<https://yvonnenebold.com/what-to-do-when-your-send-child-controls-the-whole-family/>

Behaviour Management – things to think about

11. Things to think about if you “restrain” your child
<https://yvonnenebold.com/resources-on-send-vcb/violent-children-should-parents-ever-restrain-send-vcb-blog-6/>
12. After a meltdown – avoiding shame
<https://yvonnenebold.com/resources-on-send-vcb/after-a-violent-meltdown-avoiding-shame-blog-7-on-send-vcb/>

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