

What is Steps?

Steps is a therapeutic-thinking and trauma-informed approach to behaviour.

Steps is about identifying prosocial behaviours (the positive) and antisocial behaviours (the negative). Staff recognise that all behaviour is communication and steps focusing on deescalating by unpicking what the behaviours are telling us.

The aim is to focus on providing positive experiences and feelings for children, recognising that these usually lead to positive and helpful behaviour.

"You can't teach children to behave better by making them feel worse. When children feel better, they behave better."

Pam Leo

Behaviour Policy

At Churchfield we have worked hard to look at every area of the behaviour policy so that it works for as many pupils as possible incorporating the Steps approach. The behaviour policy can be found on our website.

What Does Steps Look Like in Churchfield?

Training: All staff in school have annual training in Steps. Staff are aware how to promote prosocial behaviours and manage antisocial (difficult and dangerous) behaviour. They focus on finding out what is the underlying cause of the child's behaviour using anxiety mapping.

Churchfield CE Academy
Living God's Love



Shared approach: Staff teach and model prosocial behaviour. They have a consistent approach to managing situations and responding to incidents, using the same language and techniques.

Priorities: Staff focus on preventative strategies and de-escalating incidents, rather than reacting to them.

Resolving situations: Steps uses a restorative approach – teachers and children work together to rebuild relationships and repair any harm done with logical consequences.

Some Ideas to Try at Home

- Encourage your child to talk to you about their feelings. Let them know that what they're feeling is ok and that it is important to learn how to respond to their reactions.
- Teaching children about emotions, and what these look like using real images. Label emotions i.e. "I am cross" rather than "You've made me sad".
- Use stories, puppets or stories to help your child develop some strategies to understand that they are not alone in how their emotions make them feel.

- Try breathing techniques such as breathing in slowly and blow out fast to get rid of frustration.
- Encourage fun activities together, spending time is the most important thing.
- Encourage your child to persevere at a task they find difficult by supporting them with a difficult piece of work. This will build up their confidence and promote their positive feelings about themselves.