



# 3bigthings

Mind. Body. Environment.

FOR WHĀNAU

The better your child is understood,  
*the fewer hard days there are.*

Positive Behaviour Support for tamariki and rangatahi whose behaviour has become hard, for their whānau, and for the people around them.

0800 324 484  
[contact@3bigthings.co.nz](mailto:contact@3bigthings.co.nz)

POSITIVE BEHAVIOUR SUPPORT  
REGISTERED PSYCHOLOGISTS



## WHERE WE START

## It begins with *who your child is.*

What makes them laugh. What they are good at. The thing they will happily do for an hour. Who they light up around. These are the parts that are easiest to lose sight of when the hard moments take up all the room, and they are the parts we need most.

You have probably tried a lot already, and had advice from people who have never met your child. Some days go well. Others do not.

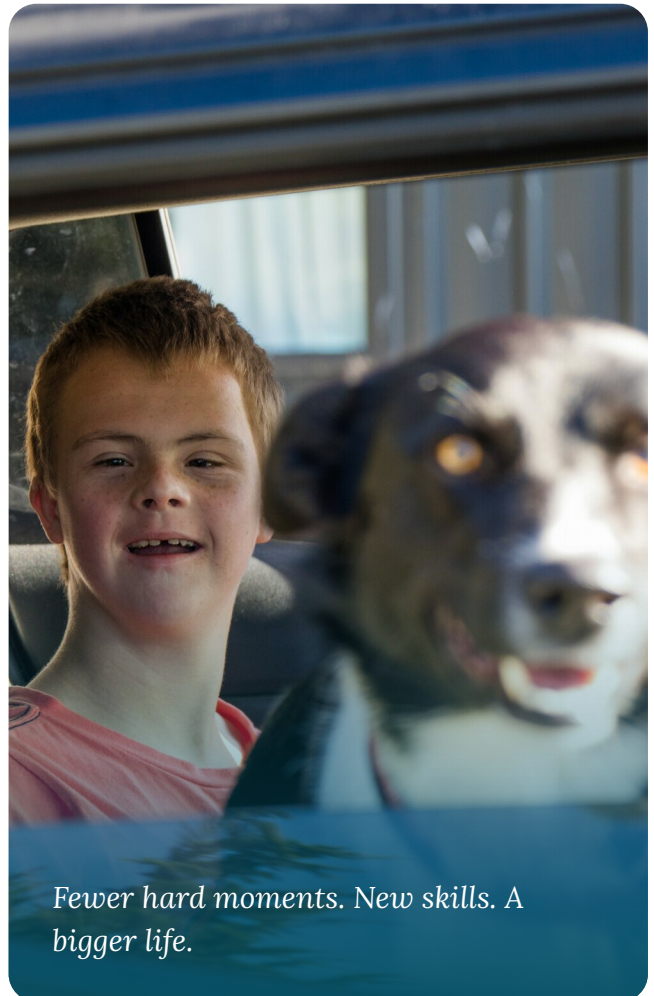
What we usually find is not a child who needs fixing. It is a week filled with moments that are asking more of them than they can give.

**That is workable, and it is why we are optimistic about this work.**

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*"Parents arrive apologising. There is nothing to apologise for."*

LAURA HOOK · REGISTERED PSYCHOLOGIST



*Fewer hard moments. New skills. A bigger life.*

## HOW WE WORK

## Most hard moments are predictable. *That makes them preventable.*

Behaviour is usually a child telling us something that words cannot carry. Too much noise. Too little sleep. A task that is far harder than it looks. A change no one warned them about. Pain they cannot describe.

Once you know which of those is in play, you can change it before the day goes wrong instead of managing the aftermath. So our time goes on prevention, and on coaching the people around your child.

## WHO IT IS FOR

## Is this *for your child*?

We work with tamariki and rangatahi who have an intellectual or learning disability, autism, a brain injury, or trauma, and whose behaviour has become hard for them or for the people around them. You do not need a diagnosis in hand to ask.

### What usually brings whānau to us

- Aggression, self-injury, or damage to property, at home or at school
- Meltdowns that are getting more frequent, or lasting longer
- Leaving or running without warning
- Restraint, seclusion or holds being used, at home or at school
- School refusal, or a school placement that is at risk
- More than one thing at once: disability, mental health, trauma, a brain injury
- Plans that have been written before and have not held
- A support team that keeps changing because good people burn out

**This is the harder end of the work.** Most whānau reach us after other things have already been tried.

## GETTING THE FULL PICTURE

## What we take the time *to understand*.

Before anyone suggests a strategy, we want a picture of your child's ordinary week. Strengths as much as difficulties, because the strengths are what we build with.

### What your child loves

Interests and humour. Usually the most useful tool we have.

### What they are good at

Every plan stands on something they can already do well.

### Communication

What they understand, and how much the day asks of them.

### Sensory experience

Noise, light, touch, crowds, and the recovery time afterwards.

### Sleep

Very little is manageable on four hours, for your child or for you.

### Health and pain

Teeth, ears, tummy, puberty, medication. Pain often gets expressed instead of described.

### Friendships and belonging

Who they spend time with, and who chooses to spend time with them.

### Fun and meaningful activity

A reason to hold it together, and a place where they are known for something good.

## WHAT SUPPORT CAN LOOK LIKE

## You can *start small*.

Not every whānau needs the same thing, and you do not have to commit to a large piece of work to get something useful. Many start at the top and never need the rest. Others move between these over time, and that is normal.

**STARTING SMALL**

- A conversation with a registered psychologist. No referral, no obligation
- Specialist advice for you as a parent, on one specific situation
- Whānau coaching on the moments that are hardest

**SOMETHING MORE STRUCTURED**

- A full assessment of what the behaviour is doing for your child
- A behaviour support plan built with you, not handed to you
- Direct work with your child on communication, coping and self regulation
- Training and coaching for whānau, teachers and support workers

**STAYING ALONGSIDE**

- A plan for the hard moments, agreed in advance with you and the team
- Work to make restraint and seclusion less necessary, carefully and without blame
- Review and support over months rather than weeks

*A child who feels competent, useful and known for something good has far less need for the behaviour that worries everyone.*

*"Behaviour always makes sense once you understand what a child is trying to tell you. Our job is to listen for that, change what is around them, and keep their dignity at the centre."*

## HOW WE WORK WITH YOU

# We fit around your whānau, *not the other way around.*

**You work with a registered psychologist.** Not a support worker supervised from a distance.

**We come to where it actually happens.** Your home, the classroom, the after-school stretch when it is hardest.

**The person who does the assessment is the person who stays.** You are not starting again with someone new every few months.

**We work to what your whānau needs.** Not to a fixed number of sessions. We keep your child, and a good life, at the centre.

## FUNDING

## How support *is funded.*

In most cases whānau do not pay for this directly. Depending on your child's situation, support may be funded through disability support funding arranged with your NASC or Mana Whaikaha, or privately if your child is not eligible or you would rather not wait. Not sure which applies to you? Ask your coordinator, or ring us and we will help you work it out.

## THE NEXT STEP

## The next step is a conversation.

### 1. Talk to your coordinator.

Ask them about a referral to 3 Big Things for Positive Behaviour Support. That is the formal name for this work, and it is the phrase that gets things moving.

### 2. Or talk to us first.

You do not need to have it all worked out. Ring or email and tell us about your child. No referral needed for a conversation, and no obligation.

**0800 324 484**

[contact@3bigthings.co.nz](mailto:contact@3bigthings.co.nz)

[3bigthings.co.nz/for-whanau/positive-behaviour-support](https://3bigthings.co.nz/for-whanau/positive-behaviour-support)



SCAN TO READ MORE

## OTHER WAYS WE SUPPORT WHĀNAU

### Parenting with Confidence

Practical strategies for behaviour, big emotions and communication at home.

[3bigthings.co.nz/for-whanau/parenting](https://3bigthings.co.nz/for-whanau/parenting)

### Stress and Anxiety

Support for anxious children and teens: big worries, school refusal, sleepless nights.

[3bigthings.co.nz/for-whanau/stress-anxiety](https://3bigthings.co.nz/for-whanau/stress-anxiety)

### Neurodiversity

Assessment and support for tamariki, with or without a diagnosis already in place.

[3bigthings.co.nz/for-whanau/neurodiversity](https://3bigthings.co.nz/for-whanau/neurodiversity)