

BEHAVIOUR

Encouraging good behaviour- simple tips for everyday life!

A positive approach is often the best way to guide your child's behaviour. This means giving your child attention when they behave well and not just setting punishments when they do something you don't like.



Practical Approaches:

Be a role model- use your own behaviour to guide your child, after all they learn so much by watching you and what you do is often more important than what you say.

Catch your child behaving well- be specific and let them know, for example:

"Wow, you are playing so nicely, I really like the way you are sharing your toys."

"Thanks for taking off your shoes when Mummy asked"

This positive feedback is known as descriptive praise it tells children exactly what they are doing well.

Keep promises- when you keep your word your child learns to trust and respect you- they know you mean what you say. Don't let them down when you promise something nice like a walk after your child pick up their toys. When you say you will leave somewhere if your child continues to behave in a difficult way be prepared to leave straight away

Keep instructions simple and positive- so your child knows exactly what is expected of them for example:

Please hold my hand while we cross the road"



Try not to give negative instructions like: “don’t leave the gate open” keep what you want them to do in their mind “Please remember to shut the gate”.

Get down close and to your child’s level- then you can more easily tune in to your child’s feelings. Focus on what you are saying to each other.

Listen actively and give feedback- you can nod while your child is talking and repeat back what you think your child is feeling for example:

“It sounds like you felt really sad that the blocks fell down”

If saying it back feels difficult at first, gestures like a hand on the arm when sad or thumbs up when you are proud are a great start point

This way of listening and feedback helps your child to cope with tension and big emotions like frustration and prevent a build up of difficult behaviour. It can stop tantrums, comfort them and make them feel valued.

Show your child how their behaviour can makes things difficult for you without using emotion- being honest will help them to begin to understand the feelings of others and how their actions can have an impact.

Always start sentences with “I” – this doesn’t blame

“I am struggling because there is so much noise that I can’t talk on the phone”.

Make your child feel important by giving them roles- this will help them feel skilled and give you opportunities to praise for example:

Give your child simple chores or things that they can do to help the family.

Give praise for their efforts which will make them want to do it more and also boost their self esteem.

This helps them to develop their emotional well being and resilience.



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