

Ten Top Tips for Behaviour

- ☺ Catch the good behaviour, name it and praise it, for example "You've put your shoes on, well done". Give your child lots of attention when they behave well.
- ☺ Behaviour = Communication. Find out what the child is trying to communicate when the unwanted behaviour occurs, for example, they may want a toy another child is using but may not have the language or confidence to ask.
- ☺ Try to avoid confrontations by distracting, removing temptation and anticipating behaviour triggers before they occur.
- ☺ Keep rules positive, simple and clear and be consistent in applying them.
- ☺ Always give a warning before a change of activity, using a sand timer or stopwatch is good for this.
- ☺ Teach the child more appropriate behaviours and new skills.
- ☺ Give choices whenever possible, so your child feels like they have ownership over the things they do.
- ☺ Have appropriate expectations and make them clear. Reduce your language and be aware of giving a long list of instructions, for example, "go to the toilet, wash your hands, put your coat on and get your bag" (This is a lot to expect a 3 or 4 year old to remember).
- ☺ Teach children more about emotions using puppets, books and games.
- ☺ Be aware that your reactions can reinforce unwanted behaviour, so model appropriate behaviour and stay calm!

