

# Top Tips for Behaviour

## Help Them to Learn from Mistakes

**Value mistakes... we all make them!** They are simply opportunities to learn. So if your child tells a lie, use the opportunity to talk to them and help them see the importance of telling the truth. Help them to see mistakes as something that we learn from.

Admit when you are wrong! Show them it's okay to make mistakes.

**Give your child a voice to tell you about the good and bad things in their life in their own words. Try not to shout at them and prevent them from being able to explain why they 'did it.'**



## Remember the 'Power of Positive!'

**Catch your child being good** and make them feel so great that they want to continue with better behaviour.



## Be Firm but Fair...

Remember you are the BOSS! **Be firm but fair** and do not set your child up to fail.

## Praise and Consequences

- Give proper praise! Do not praise your child for everything they do. Make praise specific. eg “Well done – you shared your toys.”
- **Find a consequence** that your child does not want! **Use it sparingly** and do not make false threats! Eg if you say no sweets, no TV, no gadgets, early bed - then mean it. You are the BOSS!

## Let Them Take Small Risks

Help your child to be resilient .....Building confidence is all about your child achieving small hurdles—on their own. That means **you shouldn't rush in every time you think your child needs help.**

## Don't Overreact to Small Things

If you frown upon everything they do and end up yelling at them, your child will eventually learn switch off when you set boundaries.



## Have routines/boundaries

**Routines help your child to feel safe and give their day a sense of order** eg bedtimes, meal times, tidy up times etc. Encourage your children to be part of the routines so they are allowed to become responsible and part of the household. Ensure routines are as much fun as possible eg you might have more success with tidy up time if it is accompanied to fun music!

## Take some Time to Calm Down

**Yelling is often a knee-jerk reaction and tells your child it is okay to lose your temper** when you get frustrated! Unless your child is in immediate danger – try to calm down and then use their behaviour to help them make better choices.



## Be a Positive Role Model

Children love you and will copy your actions. So if they see you relaxed, happy, kind etc they will copy you. If they see you walking around stressed and angry all the time, they will likewise think this is okay too. Another positive action could involve being attentive to your child - put down your phone and give them your undivided attention!!

