



## Encouraging Positive Behaviour at Home



### Key Messages:

Displaying challenging behaviour is a normal part of growing up. When the behaviour is responded to in a positive way, as parents you can really help the child develop both emotionally and socially.

Below are some simple, practical strategies that you can try at home everyday to promote positive behaviour in your child...

Rules & Routines will help your child feel safe and secure. Keep them simple - make a few rules and stick to them! Remember to be realistic.

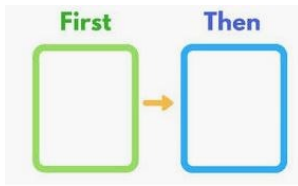
Be a positive role model for your child—they learn from what they see us do. Spend quality time with your child, listen to them and build up a positive relationship with them. They will learn ways to stay calm from you.

Notice positive behaviour and tell your child e.g. "You are sharing so well with your sister"

There is often a reason behind children's behaviour, e.g. They could be tired, hungry, over stimulated, unwell or frustrated. It is important to be patient and try to understand what their behaviour is communicating.

Respond quickly and consistently—reassure your child and calmly repeat the instruction/ rule using simple language.

## Useful Resources for Home...



**First and Then**—is a strategy you can use to help your child understand what they are expected to do eg **FIRST** put on your coat **THEN** we will go outside or clean your teeth **FIRST** and **THEN** you can play.



Make a simple **choice board**

Give your child some control by offering choices, this makes a child feel that they can have a say in what they are doing. It also gives them the skills they need to become independent and make decisions.

A **calm box** can be made easily using a variety of sensory objects, such as playdough, stress balls, bubbles, feathers, pipe cleaners, soft teddy etc. These can then be used to encourage children to self soothe and regulate their emotions when they are feeling sad, cross, angry, anxious.



### **Relaxation at home**

set up a cosy corner or calm tent in a quiet



area. Listen to some relaxing music, try some yoga for kids or even a simple guided meditation for children. Concentrate on your breathing and talk about how your body is responding to the relaxation.

**Don't forget to have some fun and have a giggle together...**laughter decreases stress hormones and helps your body to relax! Spending quality time together can help to reduce behavioural issues at home.



## Tips To Try At Home

- ⇒ Try noticing the good behaviour and talk about it. Make this a habit and you might be surprised at the results. Sometimes this is all it takes to help a child's behaviour to improve.
- ⇒ Save a firm 'no' for things that are important such as safety or behaviour issues that may cause harm or hurt.
- ⇒ Young children are often frustrated because they can not express themselves. Talk to, listen to and watch your child carefully so you are tuned in to his needs, likes and dislikes.
- ⇒ Don't ignore your child if you are engrossed in other activities such as talking on the phone.
- ⇒ Try to keep to regular meal, sleep and play times to prevent your child from becoming overtired or frustrated. If there is a change in the daily schedule, prepare your child by explaining as much as he or she can understand and ensure that your child has a favourite toy or book.

## Useful websites

*Managing Behaviour*

[www.parentingni.org](http://www.parentingni.org)

*Positive parenting Guide*

[www.nspcc.org.uk](http://www.nspcc.org.uk)

*Mindfulness Activities*

[www.blissfulkids.com](http://www.blissfulkids.com)

*Local services & Information*

[www.familysupportni.com](http://www.familysupportni.com)

