

PROMOTING POSITIVE BEHAVIOUR



STRATEGIES TO
HELP CHILDREN
AT HOME

It is important to remember that children are going to push boundaries and test the limits.

This is to be expected as a child grows and develops.

Below are a few general strategies that may help promote more positive behaviours at home.

- **Allow for mistakes**

Children will be disobedient, messy and noisy. Give them freedom to make mistakes.

- **Encourage responsibility and independence**

Provide opportunities for the child to help with chores, such as tidying up when finished playing.

- **Use distraction or ignore behaviours**

Distraction can help to avoid a tantrum e.g. change your child's focus. When it's too late and your child is in an outburst try not to give attention. Give your child attention when they are calm and talk to them about ways that might help them stay calm such as, counting to 5, take a deep breath, talk to mum or teacher, take time out in a 'cool off' area.

- **Be realistic about consequences**

Ensure that you can follow through with the consequences/rewards that you set with your child. Once a consequence is completed start over with a clean slate.

- **Give lots of praise**

Praise - Aim for '5 a day'. Let your children know when they have done something well. Give them a hug and tell them how great they are doing.

- **Special Time**

Try to spend 10 minutes each day with your child. This is time to play and talk to your child. Find a quiet place, with no distractions or background noise. Involve your child by letting them choose what he/she would like to play with and let him/her lead the play.

- **House rules**

Talk and agree the rules for the house when everyone is calm e.g. If bedtime is at 7pm make sure you stick to it.



- **Be consistent**

Say what you mean and mean what you say. No means no.

- **Use positive language**

Say "please put your toys away" instead of "don't be leaving your toys out". Telling your child exactly what you want them to do, rather than just saying "be good". Be specific. Say "Share your toys" instead of "be nice".

- **Be calm**

This can be difficult in the heat of the moment, but try to talk to your child in a calm manner. Your child will learn how to respond to others from what you say and do.



The leaflet outlines general behaviour strategies to help promote positive behaviour in the home. If you have significant and on-going concerns it is important that you consult your G.P.