

Some points to remember:

Children learn how to behave by watching, trying out and by how you react to what they do. Remember that good behaviour needs to be encouraged as much as bad behaviour needs to be discouraged. Adults should value what children do and praise their efforts and achievements whenever possible.

Children need to understand the rules and be given clear guidelines and boundaries for acceptable behaviour and these should be consistently applied. Children's behaviour may be challenged but they should never be "put down" or made to feel bad.

Do works better than **don't**. Try to be positive, rewards work better than punishments. Choose a response which is likely to succeed.

Tasks should be suitable for the child and also appropriate to their age and stage of development, so that they can experience a sense of achievement, not failure.



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Managing Children's Behaviour



Children like:

Rules to be few, simple and clear, their routine to be regular and to be praised often – catch them being good!

Plenty of warning – “5 more minutes and then we’ll put the toys away”.

It is also good practice for adults to do as they have said and teach by example, so be careful what you say!

Make sure:

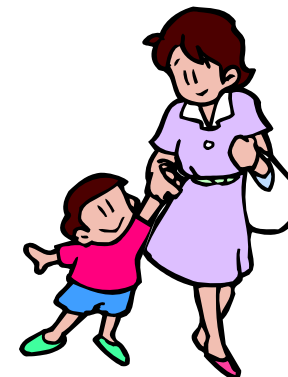
As far as possible you ignore bad behaviour (try not to nag!), you praise quickly and consistently and the child knows what he / she is being praised for.

There are rewards for especially good behaviour and there is consistency – never make promises you can’t keep. Try also to respond in similar ways to similar events and always carry through what you say you are going to do.

You reassure the child that you will go on liking them whatever they do - it’s their behaviour you don’t like, not them! Also make sure you treat them with respect – be willing to say sorry if you lose your temper or over-react.

Ensure that rules and limits you set are realistic and that you stick to them and that chances and opportunities are given to succeed. This helps the child to feel good about themselves.

Make sure they know that **no** means no!



Types of behaviour that worry parents:

Temper tantrums, aggression towards other children, and family members (biting, hitting, spitting, hair pulling), bullying (physically and verbally) and destructive behaviour (stopping others doing things, breaking, throwing, demolishing things) are all worrying types of behaviour that you may have to address.

You may also have to deal with challenging situations such as failure to do as they are told, confrontations at meal times (picky eating) and bed time (refusing to go to bed or getting up), being rude to other people, even perhaps using bad language, and jealousy.

