

Parent Pack – behaviour

- 1- Locate the possible cause, is the unwanted behaviour due to being tired, hungry, over excited, frustrated, or bored.
- 2- Choose strategies that work for yourself and the family, once you've decided upon these continue with them. Solutions take time.
- 3- Be consistent. Children need consistency if you react differently from day to day this can become very confusing. It's also important that everyone close to your child uses the same strategies.
- 4- Remain calm. This can be difficult try not to let anger or frustration show.
- 5- Talk to your child. Explain why you want them to do something, for example why you want them to hold your hand when crossing the road. Encourage your child to talk to you, explain why they are angry or upset.
- 6- Praise positive behaviour. Sometimes this can be overlooked yet children need to receive attention for positive behaviour too.
- 7- Rewards. A reward can be verbal, simply thanking your child for doing something they were asked to do. Be specific so they know what they have done well. For example, "well done for putting your toys away when I asked."
- 8- Avoid smacking. Children learn by example, if you hit your child, you're telling them that that behaviour is acceptable, children who are treated aggressively by parents are more likely to be aggressive themselves.
- 9- Distraction. Turn their attention to something else rather than allowing them to focus on the issue/object that's making them frustrated. Start a new activity, show them something they can have instead of desired object, change the environment move outdoors or change room, look for something they like, a cat or bus perhaps.
- 10- Don't give in. If you agree to their demands, they will start to believe this behaviour is how to get what they want.
- 11- Don't panic. This is especially true for public places, parents usually think others are watching and casting judgements, however, remind yourself that this is normal and millions of other parents go through it too.
- 12- Handle difficult behaviours based on your child's needs. For example, Ignore the behaviour if safe to do so, find a distraction, offer comfort.

- 13- Prevention. Helping your child understand their emotions and offer them opportunities to talk about their feelings can help to prevent unwanted behaviours. Talk about some of their favourite characters, how would they react?
- 14- Offering choices. This will help your child understand that they can take some control and have their say over certain things such as what they wear or eat etc. Often this can eliminate any escalation.
- 15- Try to say yes where appropriate and pick your battles. Not everything needs to be difficult.
- 16- Allow them the opportunity to calm and regain self-control. This is a vital skill they need to learn.
- 17- Routines. Remember routine is key for children, if routines are changed, they can cause disruption and confusion leading to negative behaviours.
- 18- Utilise sensory toys or a ladder counting technique (a simple counting from 1-10 whilst imaging climbing a ladder) can often deescalate triggers.

Useful resources:

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting)
<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting>

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