



# TOP TIPS FOR BEHAVIOUR MANAGEMENT

- Set clear rules and expectations with your child around daily routines and tasks.
- Use visual aids such as timetables, picture cards and timers to support the child in understanding and following daily routines.
- Break down tasks within routines into smaller steps and make these visually clear. Children enjoy being able to tick off finished tasks and this can help to keep them motivated and 'on-task'.
- Be sure to praise the child when they have completed a task well and ensure the praise is specific and focuses on the positive to help them recognise what they have achieved e.g, 'well done for getting your shoes on so quickly, now we can go to the park'.
- Give immediate feedback in the form of a reward or consequence depending on the situation. If feedback is delayed, it will be less effective in helping to manage the child's behaviour.
- Be persistent and consistent. It can take time to notice progress and there may be frustration and opposition to start with, but the child will eventually learn the routines put in place and become more compliant.

## Remember to focus on the positive

- Praise what the child does well instead of repetitively correcting their behaviour.
- Give the child a choice of two options, either of which you are happy about regardless of the outcome. For example, when getting ready to leave the house, you could say something like: 'It's time to go to school, would you like to put your shoes or your coat on first?'
- Request good behaviour by asking open-ended questions to encourage the child to repeat and reinforce the rules in their minds. For example: 'do we leave toys out when we are finished?' or 'do we interrupt someone while they are talking?'
- Stay calm and be realistic about what your child is able to achieve in that moment. Our reactions can affect a child's reaction and this can mean the difference between a pleasant interaction and an argument.
- Remember that all children are learning and no one is perfect. Some children require more time and energy to achieve the desired results when it comes to behaviour management.