

FIVE MINUTE TOOLBOX



Encouraging Positive Behaviour in Your Child

Prepared by Tessa Langton: EYFS Coordinator

Children are constantly learning and exploring. As they become more independent, they may test boundaries, sometimes because they do not know what will happen and other times to see what reaction they will get. This can sometimes lead to challenging behaviour. Here is a selection of top tips for encouraging positive behaviour.

- Have simple rules and boundaries in place that are easy for your child to understand. Ensure that the guidance boundaries set for your child are consistent and followed through by all members of the family. Children will soon learn who they can get away with things with!
- Listen to what your child has to say about any inappropriate behaviour but remember you are the adult in the relationship so use an appropriate tone of voice.
- Agree sanctions with your child so that they are clear about the consequences of inappropriate behaviour. Stick to the agreed sanctions otherwise your child will become confused.
- Equally, agree rewards for positive behaviour – this can be something as simple as praise, sharing recognition with another family member or just quality time with your child, one to one.
- Be critical of the behaviour and not your child. Ask your child to think about what they have done and if it involves someone else ask how they think they may be feeling
- If your child has to apologise ask them to clarify for you what they are saying sorry for – sorry can be an easy word to say without feeling

- Act as a positive role model for your child e.g. at shared mealtimes agree that the family stays at the table until everyone has finished
- Don't be disheartened if behaviours do not change immediately. Behavioural changes in all of us take time to become embedded.
- Finally, parenting is a job that comes without a job description! If you are experiencing challenging behaviour from your child seek help and support from family, friends or professionals – you won't be the first parent to be experiencing difficulties and a problem shared is always a problem halved.