

Behaviour workshop

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AIMS OF THE SESSION

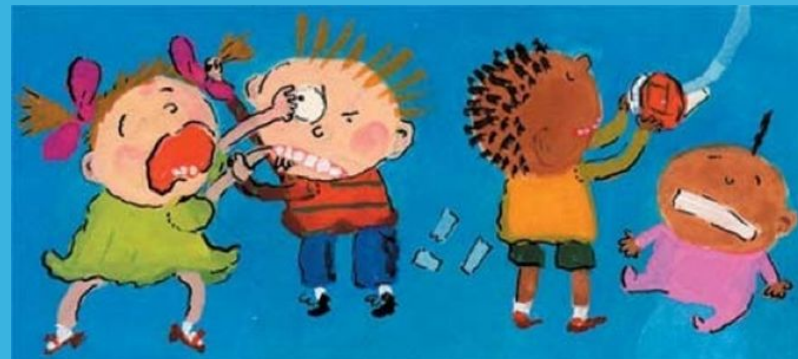
- Behaviour as a form of communication.
- How to understand your child's behaviour.
- Brain Development/ Age and Stage of Development.
- Strategies to manage behaviour at home.

BEHAVIOUR = COMMUNICATION

When we understand children's behaviour as communication we can try to reflect on what they are trying to say to us.

There are times when children do things that can be hard to understand or frustrating to try and manage as a parent.

Can you think of an example of a time when your child presented you with behaviour which was difficult to understand or challenging to manage?



School Values and Tokens

- **Kindness**
- **Responsibility**
- **Focus**
- **Creativity**
- **Collaboration**

HOW CAN WE UNDERSTAND BEHAVIOUR

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How well can they communicate?

Your child's feelings

What might they have been trying to say?



Have there been any recent changes?

Is this to be expected at my child's age and stage?

Any recent changes in your child's life?



Your child's development



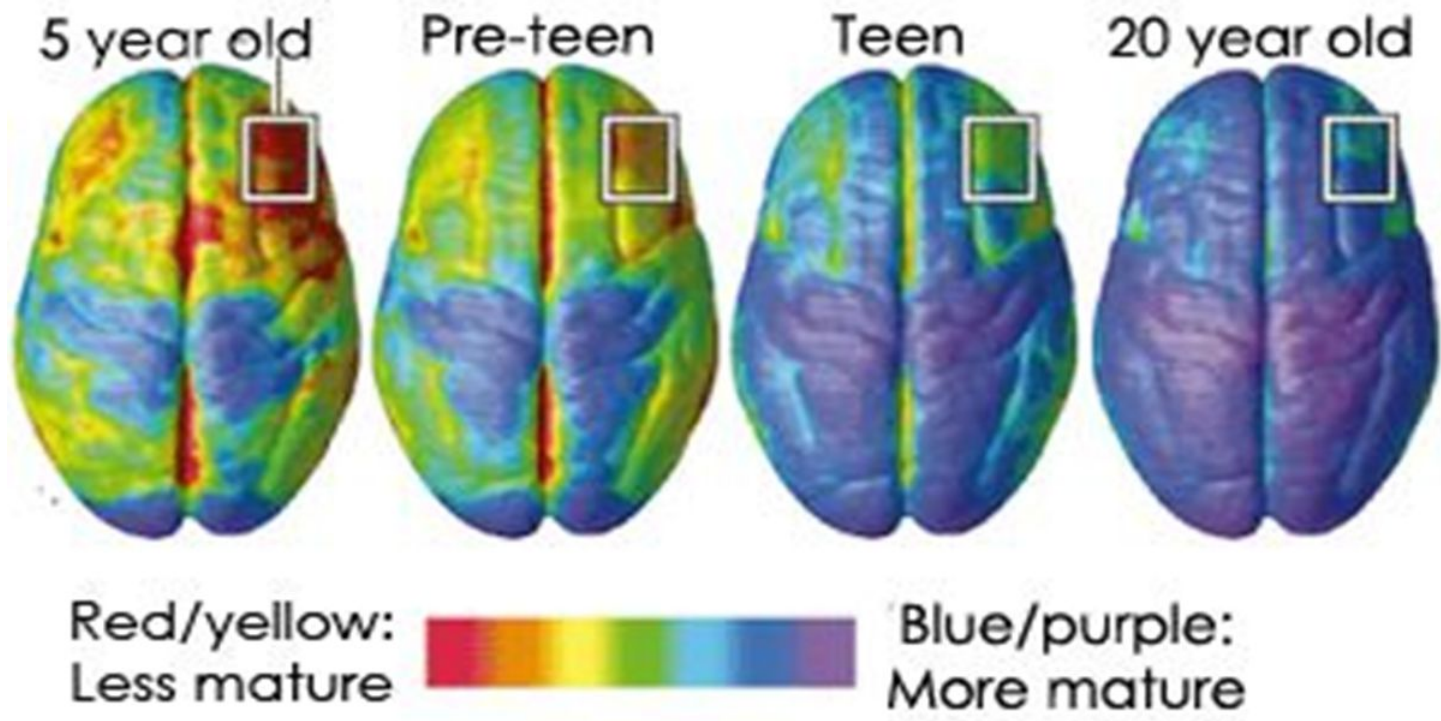
COMMUNICATING FEELINGS

As children get older they develop in their ability to identify emotions within their body, label these and use words to express how they feel and communicate their needs to others around them.

It is important to remember that children's emotional brains are still developing and they might struggle particularly with communicating big feelings. Children often use behaviour rather than words to express to us how they are feeling.



BRAIN DEVELOPMENT AND EMOTIONS

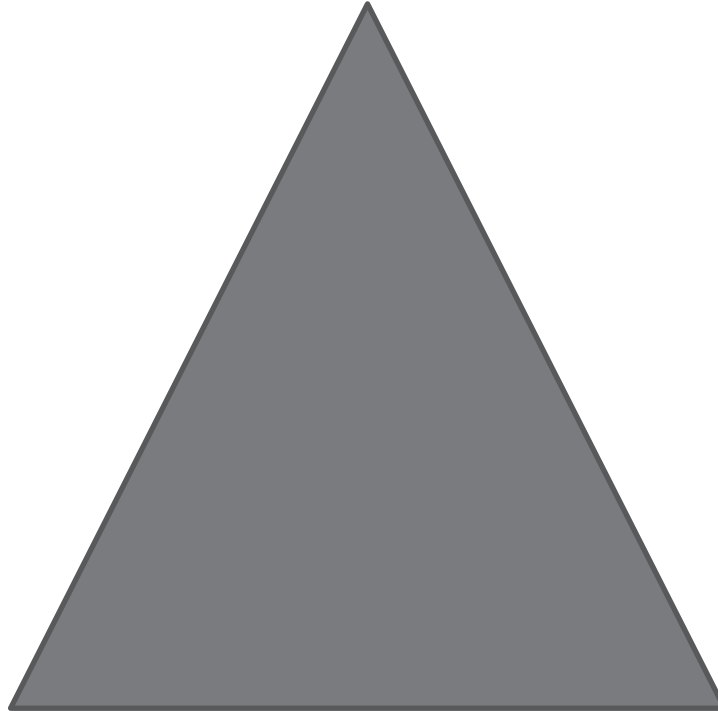


YOUR CHILD'S AGE AND STAGE



It can be helpful to think about the age and developmental stage of your child. What's normal, expected behaviour for their age? How able is your child to communicate their needs?

Containment



**Behaviour
Management**

Reciprocity



Behaviour Management Strategies at Home



ROUTINES AND STRUCTURE

- Daily routines help family life run more smoothly. They can also help families enjoy more time together.
- Routines help children to feel safe, develop life skills and build healthy habits.
- Routines can help parents feel organised, reduce stress and find time for enjoyable activities.
- A good routine is: well planned, regular and predictable.
- Bedtime and Morning routines/ After school activities/ doing chores/ doing homework.

MAKING USE OF RULES AT HOME

It can be helpful to create a list of key family rules that reflect the values that you hold within your family.

These rules can be created in a collaborative way with each member of the family having a say in them.


The rules can be put up in a prominent and visible place in the house e.g. kitchen fridge.

These rules are a contract that the family agree to and can be referred back to when behaviour is challenging.

It may be helpful to remind your child that these rules were co-created by them.



DOS AND DON'TS OF PRAISE

- ✓ **Be generous with your praise and use it often.**
 - ✓ **Make a big effort to praise for every bit of good behaviour, no matter how small.**
 - ✓ **Praise efforts to be good and don't expect them to be perfect.**
 - ✓ **Praise straight away.**
 - ✓ **Make sure you have eye contact with your child.**
 - ✓ **State exactly what you are praising them for.**
 - ✓ **Only talk about the good behaviour you have seen. Don't confuse them by being critical.**
 - ✓ **Do not stop praising even if the child misbehaves after being praised.**
 - ✓ **Some children take a long time to get used to being praised before they believe they can actually change their own behaviour.**
 - ✓ **Praise your child in front of other people who will hopefully add their praise to yours.**
 - ✓ **Hugs and kisses as well as verbal praise will help them learn more quickly.**
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DOS AND DON'T OF PRAISE

- x Don't expect your child to be perfect. We all make mistakes.**
- x Do not pay attention to misbehaviour, try to ignore it.**
- x Do not ignore children who are behaving well.**
- x Do not give unnecessary or too many commands.**
- x Do not nit pick or constantly nag your child about their behaviour.**
- x Do not give praise and criticism together.**

LIMIT SETTING

- **Rule testing is normal behaviour for children. It is important to have consistent consequences for behaviour as this will teach children that good behaviour is expected.**
- **Reduce commands and number of directions.**
- **One command or direction at a time and wait five minutes.**
- **Give realistic commands.**
- **Give clear commands.**
- **Avoid question commands.**
- **Use polite commands.**
- **Use start commands.**
- **Allow your child time to comply with the command.**

LIMIT SETTING

- **Give warnings and reminders.**
 - **Avoid threats.**
 - **Use when-Then Commands.**
 - **Give options and choices.**
 - **Use short commands.**
 - **Use supportive commands.**
 - **Follow through with praise or consequences.**
 - **Make use of ignoring as a technique if your child has a tantrum.**
 - **REMEMBER: Saying no/ setting limits is important. It enables your child to feel safe and contained.**
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QUALITY TIME

Quality time with your child is a great reward /positive reinforcement tool.

It also helps to improve and strengthen the bond between you and your

Child.



DIFFERENCE BETWEEN SCHOOL AND HOME

