

How to Help Children Behave Positively

1. **Put yourself in his shoes.** Try to understand how he's seeing things. Remember his simplicity; he needs to learn about life from you.
2. **Show you like him** with smiles, thumbs up, specific praise ... i.e.. good sitting, good walking, good red colours, rather than good boy. 'Good boy' doesn't inform him that you value his ideas only that you want him to please you. Would you like that?
3. **Find things to praise** e.g. what a great T-shirt, mmm you smell nice. Praise the behaviour that you want to see. Give praise whenever you can. We all thrive on it. 😊
4. **Keep spoken directions simple, clear and repeat yourself.** The less wordy the better. This helps all those whose attention is distracted. Get his attention before a request. In addition....
5. **Use visual support to all you say.** Hold up what you're talking about, point, show.
6. **Make life predictable.** We all feel happier when we know what's happening next. Get in the habit of explaining '*It's this then it's that*' as many times as it needs repeating. Flitting brains will be helped by kindly reminding.

As far as possible have a regular routine to your day so he gets used to what's happening and how it happens.

7. **Use 'STOP' rather than 'NO'.** It is less confrontational and more about being on his side as you....
8. **Show you understand.** Name the problem he's having i.e. 'you wanted the car', 'you're feeling busy', 'you're feeling sad/happy/cross' before you offer a solution.
9. **Give him an outlet for 'busy' feelings.** Plan your day to include physical experiences.
10. **Explain what he can do to solve his problems** e.g. 'Ah you want the car'. Use words 'Car please mummy' to provide the model of the behaviour you want to see.
11. **Support sharing / turn taking and waiting:** It's perfectly understandable that children get worried they will miss out or won't get what they were hoping for. Show you understand and are on their side offering solutions for them. You will find they are more willing to listen to you then, and as they see your suggestions work for them, they will hopefully learn patience and compromise.

Help him to share with turn taking after a set time. You might use a timer, but counting works on the spot e.g. 'Your turn for 5 ... then my turn after 5 ... (you can count as fast as necessary or slow it down).

12. Playing together

- ✓ Play at your child's developmental level; don't expect too much – give your child time.
- ✓ Don't compete with your child; Follow your child's lead.
- ✓ Engage in role play and make believe with your child.
- ✓ Be an attentive and appreciative audience.
- ✓ Describe what you see and do together instead of asking questions.
- ✓ Laugh and have fun.
- ✓ Break social learning down into small steps

13. Give time warnings to give time for cueing into a change of activity

14. Give positive requests: 'please walk' rather than 'don't run'