

## Top Tips for Positive Behaviour Management

Suitable for Children from around age 3 to 11.

### Strategies and Skills

All behaviours have a purpose, a need and a goal.

All children want approval and attention – give them positive attention.

Use Specific labelled praise.

Tell them what you WANT them to do. (It's time to....)

Give them clear instructions using words the child will understand and allow take up time.

Where you can, identify triggers for behaviours.

Divert or distract.

Have a plan, use positive self-talk and keep calm.

Be firm but fair.

Model the behaviours you want to see more of.

End on a positive or a high.

Reward the behaviour you want to see more of. (A reward is after the behaviour, a bribe is before the behaviour.)

Ignore the behaviour you want to see less of, (Unless it will hurt themselves, others or property).

Pick your battles: Think – “Does it really matter?” If it does:-

- Have appropriate Consistent Rules – keep them brief, clear and positive.
- Set Family House Rules that apply to everyone.
- Set Routines.
- Give a consequence for negative behaviours.

You can use “When..... then.....” statements, ie: **WHEN** you've put your pyjamas on **THEN** you can have some milk.

You can use an 'I' statements: 'I like it when,' 'I feel really sad when.. because..' 'I need you to..'

Remember, if you do what you've always done, you'll get what you've always got.

Try to work out what your child is trying to communicate  
to you through their behaviour.

### Resources

Use Social Stories – Carol Grey. Available online or write your own.

Use rewards as bargaining tools.

Use Reward Charts – keep them specific and achievable to motivate your child to achieve.

Use Low cost, no cost rewards.

Make reminder cards for the child – what to do when I get angry.

Use Pasta Jar for the whole family to work towards a special trip out.

Incredible Years 3-6 or 6-11 Programme. (Self-refer to the Early Help Hub)

Family Worker drop ins

Link to Family Information Services [www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)