

### **Attention Seeking/Needing Behaviours.**

**All behavior has a goal, a purpose and a need.**

**All children will at some time use attention-seeking behavior. We can show them how to get it in a legitimate way.**

1. Catch them being good. If you give them attention for their appropriate behaviour they will want to do it again to get your approval.
2. Look for opportunities to engage positively with a positive comment, to share an activity or to have a conversation.
3. Use specific and labelled praise, ie: "Thank you for putting your toys away in the box, that's a big help!" This way the child knows why they are being praised.
4. Some children dislike direct praise so use overheard praise. Tell someone else in the child's presence what the child did and how pleased you are. If no one else is around, tell the dog, the cat or pretend to be on the phone.
5. Fill up the attention gap with positivity as many times a day as you can. Ensure you have some "1-1 Special Time," together. Make it fun. Homework doesn't count.
6. If your child's behaviours are particularly challenging, use **any** opportunity to praise good behaviour. Give plenty of cuddles when they are behaving well.
7. Role model the behaviours you want to see more of.
8. Ignore the misbehaviour but not the child. (As long as they are not hurting themselves, others or property). When the child misbehaves, resist the temptation to lecture, shout, or punish. Negative reactions from you will keep the negative interaction going.
9. Divert and distract, preferably with something the child is particularly interested in.
10. Be consistent. (Stick to your strategies, don't give in). It's the only way children know we mean what we say.