

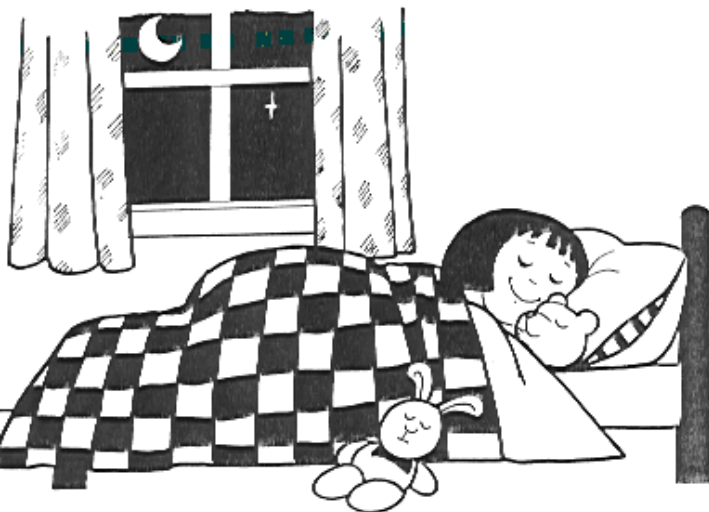
Routine...

Structure and routine help children to control their behaviour, it establishes many aspects of healthy living, good habits and good behaviour.

Routines can help children feel safe and secure. Examples of this are bedtime and mealtimes.

Be clear about what you expect from your child. **Always** stick to what you say.

Children need to understand the consequences of not doing what you ask. Do not make threats to your child and then change your mind. This undermines your authority and encourages your child to keep testing the boundaries.



Caring for you, locally



Caring for you, locally

We all know that our children are the most important part of our lives. They bring joy and laughter, however, sometimes being a parent is not easy, it can be challenging and exhausting.

Most children test the limits and try to cross boundaries you set. Positive parenting and positive discipline are techniques that work well with every child, regardless of their age, temperament, background, culture or religion.

How To Make A Referral Into Your School Nursing Team

Please follow this link—the referral form is located at the bottom of the page
<http://www.locala.org.uk/your-healthcare/school-nursing/>

You can also find us on Facebook
<https://www.facebook.com/LocalaSchoolNurses>

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Encouraging Better Behaviour 4 ways to help your child



Contact details for your School Nurse Team

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Caring for you, locally

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Calm...



Shouting at your child due to misbehaviour will actually provide your child with attention.

Shouting also gives your child the message that you have lost control of the situation. This can make your child feel emotionally

powerful and he/she may try to do this again.

Practice staying calm—

- Take deep breaths and think about something pleasant.
- Use clear and simple commands and keep your tone polite, calm but firm. Children pick up on any hints of stress or anger in your voice and this can make them more persistent.
- Avoid sarcasm, threats and criticism. In the short term these kinds of comments will upset and provoke your child, however, in the long term they may cause a damaging effect to their self-esteem.

Ignoring...



Ignoring misbehaviour takes a lot of practice, but it is one of the most effective ways to change behaviour

Children **do not like** being ignored

Ignoring means not speaking or looking at your child whilst they are misbehaving.

This technique can be used if your child does not respond to verbal instructions (only telling him/her

twice).

Removing yourself from the situation can also help, e.g. moving into another room.

By ignoring minor, attention seeking behaviour, you stop reinforcing this misguided goal. Behaviours that are best ignored include arguing with siblings, whining, pouting, or experimenting with swear words.

Praising...



Praising **must** be used in conjunction with ignoring. It is very important to always notice when your child is behaving well.

Do tell your child you

can see him/her behaving well.

Set yourself small goals - initially aim to praise just four good things a day, then gradually increase this. The more you praise the more good behaviour you will see!

No matter how old your children are, your praise and encouragement will help them feel good about themselves. You can praise a younger child for having a go at tying their own shoelaces, or praise teenagers for starting homework without being reminded. This boosts their self-esteem and confidence.

On some days it may be difficult to find something to praise about your child but do try to comment positively on something however small.