Behaviour

Helpful hints and tips
The three most important things to remember when trying to improve your child’s behaviour are...

1. Have Clear Rules.
2. Have Clear Rewards and Sanctions.
3. Be Consistent!

It really is that simple! The trickiest part is being consistent! This is why it important to have very clear-cut rules that apply where ever you are.
Think carefully about the rules and be realistic. Try to think about very simple rules that will cover all of the unwanted behaviours you often struggle with on a daily basis...

- Rough play
- Not listening
- Messy
- Refusing to do things
Our rules at school are....

Do be kind and helpful
Do be honest
Do be gentle
Do look after property
Do listen
Do work Hard
It may help you to use the same rules at home. Your child should already have a good understanding of what they mean.

Try to talk about them and refer to them often. For example...

‘That was not following the rule be gentle when you hit your sister’
‘I had to ask you three times to stop and that is not following the rule do listen’
‘You did a great job reading your book, you followed the rule do work hard’
‘Thank you for helping to look after property by tidying your toys’
You could have a poster of your family rules displayed on the wall. Ask your child to help decorate it so they feel involved. Ask everyone to write their name on the poster to say that they agree to follow the rules.

<table>
<thead>
<tr>
<th>Rule</th>
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<tbody>
<tr>
<td>I am kind to my brother</td>
</tr>
<tr>
<td>I listen to my mum and dad</td>
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<tr>
<td>I help my mum and dad</td>
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<tr>
<td>I have good manners</td>
</tr>
<tr>
<td>I have good hygiene</td>
</tr>
<tr>
<td>I am grateful for what I have</td>
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<tr>
<td>I look after my home</td>
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<tr>
<td>I work hard on my school work</td>
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<td>I get a good night’s sleep</td>
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Once you have your rules it’s imperative that you agree on some sanctions! If you don’t have these the rules are pointless!

You could include these on or next to your poster.

Think carefully about which sanctions would work best for your child. All children react differently to discipline depending on how sensitive they are!
Here are a couple of ideas....

Time out – your child could sit on a step, chair or in a room for 5 minutes (the general rule is 1 minute for each year of a child’s age). Don’t talk to or engage at all during time out. Allow them to calm down and then give them a cuddle and speak to them about their behaviour.

No TV / Ipad / or certain toy for a period of time or for the day!
Whatever you decide to use as a sanction, BE CONSISTENT!

Always treat a bad behaviour in the same way, no matter where you are! Otherwise, your child will learn that he or she can sometimes get away with it and they will be likely to do it again.

You may want to give your child one warning before a sanction but you MUST be clear and consistent with this.
Ensure that you correct your child soon after the bad behaviour occurs, but wait until your child’s anger or your anger has passed. Counting to 10 before you say something or do something may help reduce your anger so you are in control of yourself.
When you speak to your child about their behaviour be firm but kind. If children think that you do not like them they are more likely to act out. Remember to tell your child that their behaviour was bad rather than telling them ‘you are bad.” Avoid labels such as ‘naughty’.
Don't nag or talk about bad behaviour too much. Children ignore nagging. Short, clear discussions are much more effective.

Children will also learn to ignore shouting if you do it all of the time. Save your raised voice for when your child’s behaviour is serious. In this way children will know you mean it and are less likely to ignore you.
When children do not receive much positive attention they will quite often act inappropriately just to get a reaction, even if it is negative!

Give lots of positive praise and affection when your child is doing the right thing. If you do this often enough negative behaviours often just disappear.
As well as sanctions also agree on some rewards for really good behaviour. You could use a sticker reward chart or a marble jar so that children can save for a special treat that you have agreed on (a trip somewhere or a toy etc...)
Act and speak the way you want your child to act and speak. If you shout, swear or get frustrated easily they will copy. Hitting them will only teach your child that it's okay to hit someone in order to solve a problem.
Routines

Try having a set routine before and after school. Children respond very well to routines and it often makes a big difference to their behaviour. All children like the security of knowing what is happening next. They will be calmer and less anxious or frustrated.
If things are hectic at home their behaviour will reflect this too. If your days are quite busy and tend to be different week by week you could try a visual timetable that shows your child exactly what you want them to do in a certain order. If you add velcro to these pictures you can change the routine each day depending on what you are doing.

Look on Sparklebox.co.uk for free visual timetable pictures.

(If your child can see that they can have time on their ipad after dinner whilst you clean up…. and then its bath time…. and then it’s time for bed they are less likely to try and negotiate with you or get distressed at bedtime because they are not getting their way!)
My child has already picked up bad habits – how can I enforce these rules now?

Have a fresh start. It’s never too late to introduce new rules. For example if your child is used to being on their IPad at bedtime and you’re desperate to change this, simple make the change and stick to it.

Simply hold a family meeting and explain that you have been thinking that it would be a good idea to have some family rules / involve them in the decisions.

Give reasons why you think things need to change. Children like to know why things are changing and like things to be fair and then are generally quite accepting.
Special Needs

Behaviour and struggling to follow rules can be an indicator of many special needs.

If you have tried many different approaches at home and are still struggling with your child’s behaviour please feel free to come in and discuss this with us in school.

We have an open door policy and are usually free at the end of every day.