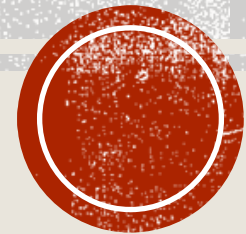


MANAGING DIFFICULT BEHAVIOUR



What difficult behaviours have you been seeing?



THE ATTENTION TABLE

	“OK” Child Behaviour	“Not OK” Child Behaviour
Carer Attention	e.g. PRAISE Positive Behaviour Increases	e.g. SHOUTING Negative Behaviour Increases
No Carer Attention	e.g. IGNORE Positive Behaviour Decreases	e.g. IGNORE Negative Behaviour Decreases



First – the positives.....

Try to set aside 10 minutes a day for some 'special time' with your child



Try to notice and praise good behaviour when it happens



SPECIAL TIME

The focus is on child-centred play

- **Makes your child feel very special and enables him/her to learn how good it is to get your undivided attention.**
- **Helps to increase your child's attention span**
- **Develops their play skills**
- **Improves self esteem**



The importance of praise

- Important for building your child's self esteem
- Lets your child know you are proud of them and can see their positive qualities
- Helps your child understand behaviours you value and want to see more of
- Encourages your child to keep going with tasks they find difficult





Some suggestions to address difficult behaviours
you are seeing

Remember to keep the positive interactions going



Selective ignoring

What would be a good behaviour to choose to selectively ignore?



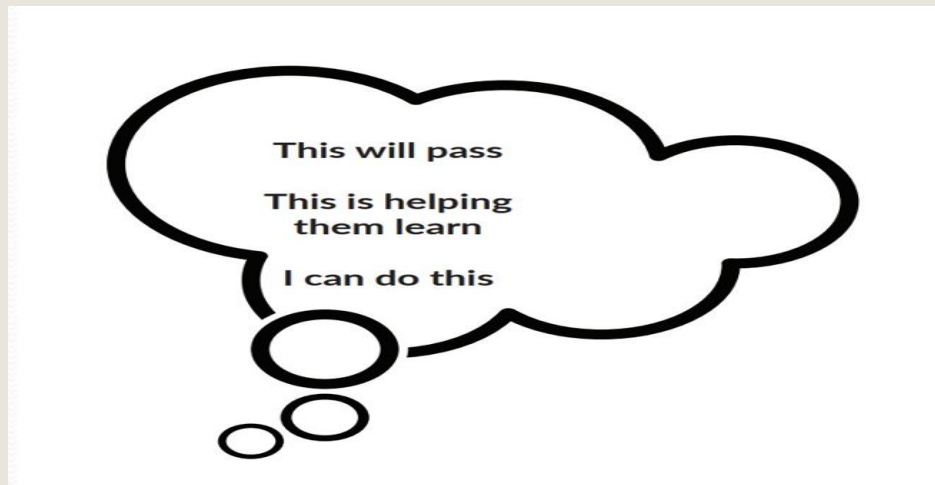
Tip:
Make sure it is something
you feel you will be able to
consistently ignore



Coping Strategies

It may not be easy to ignore the behaviour you have chosen.
What could you do to help with this?

Coping thoughts:



Coping activity:



- Instructions/requests can be a trigger for difficult behaviours
- Certain times of day can be more difficult eg morning and bedtime routines

Can you think of any particular examples?

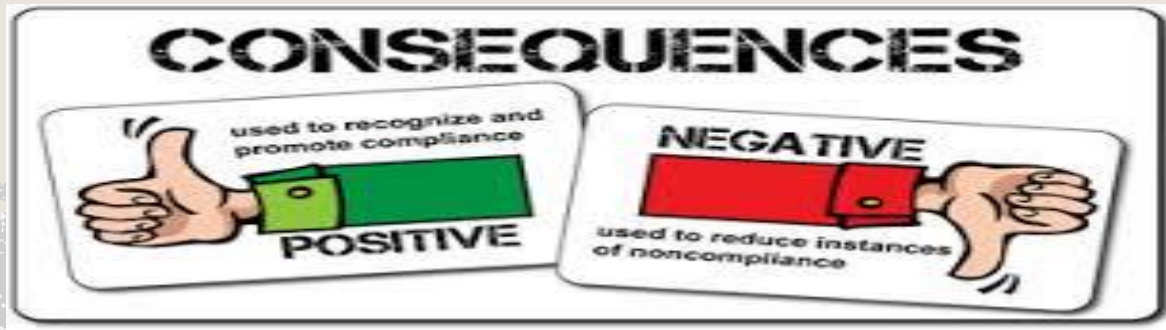


Giving Effective Instructions



- Make sure your child is listening – get down to their level, make eye contact
- Be simple, clear and brief
- Be polite
- Frame the request positively eg ‘talk quietly’ rather than ‘stop shouting’
- Give your child time to comply
- Consider a reward system for difficult times eg morning or bedtime routine





Natural consequences:



Logical consequences:



Some reminders:

- Consequences can be positive
- Make sure you can live with any negative consequences you set as it is important to follow through
- Discuss in advance – this helps children to understand what is expected of them, and what will happen if they do not comply
- Try and make consequences appropriate, straight forward and as soon after the event as possible





Before:

Discuss what will happen if a certain behaviour is seen

Check your child has understood

Choose a neutral, safe place for timeout

During:

Give your child a clear warning, so they have the chance to comply

If the behaviour continues, give a clear instruction to go to timeout

Don't give any attention while the child is in timeout – remain calm and neutral

After

Keep it brief – allow your child to leave once they are calm

Do not immediately revisit the reason for timeout or ask for an apology

Involve your child in a positive activity and look for an opportunity to praise as soon as possible





Family rules need to be:

Simple

Fair (apply to everyone in the family)

Easy to follow

Positively stated ('talk quietly and politely' rather than 'no shouting')

Enforceable





Do you have
any
Questions? 😊

