

# Behaviour Management



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# Some ideas about behaviour

- There is no key or manual that works with all children.
- Some things will work with your child, some others won't.
- Some things will only work temporarily.
- Do not be scared of setting boundaries for your child.
- What we do now, it will save us headaches when they are older.



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# Be positive

- Be Positive
- Be Fun (smile you are the adult).
- Be Structured (children need routine).
- Be Consistent. If mum says no and dad says yes.
- Be Fair. Listen to them.
- Set Effective Limits
- BE CLEAR ABOUT WHAT YOU WANT FROM THEM



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# Behaviour is connected to emotions

- Not knowing what we want them to do: Tell them, model for them.
- Anger
- Fear
- Anxiety
- Changes
- Prince or Princess status at home.
- Lack of empathy



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# Ignoring behaviour or manners we don't want.

- 'When you calm down we will talk'.
- 'When you tidy up, we can talk.'
- Then immediately when they calm down, respond to them.
- Give them choices you can do this now or later but they will do it.
- Give them a chance to fix the situation.



# Trapped!

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# PRAISE

- If we want a behaviour to be repeated, we need to praise it.
- Praise is..... well done, thank you, a hug....praise does not have to be a prize or a treat....save these for special occasions.



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## 100 Ways to Praise

\* Wow \* Way To Go \* Super \* You're Special \*  
\* Outstanding \* Excellent \* Great \* Good \* Neat \*  
\* Well Done \* Remarkable \* I Knew You Could Do It \*  
\* I'm Proud of You \* Fantastic \* Super Star \* Nice Work \*  
\* Looking Good \* You're On Top Of It \* Beautiful \*  
\* Now You're Flying \* You're Catching On \*  
\* Now You've Got It \* You're Incredible \* You're On Target \*  
\* You're On Your Way \* How Nice \* How Smart \*  
\* Good Job \* That's Incredible \* Hot Dog \* Dynamite \*  
\* You're Beautiful \* Nothing Can Stop You Now \*  
\* Good For You \* I Like You \* You're A Winner \*  
\* Remarkable Job \* Beautiful Work \* Spectacular \*  
\* You're Spectacular \* You're Darling \* You're Precious \*  
\* You're Unique \* Great Discovery \* Super Work \*  
\* You've Discovered The Secret \* You Figured It Out \*  
\* Fantastic Job \* You Mean A Lot To Me \* Awesome \*  
\* Hip, Hip Hooray \* BINGO \* Magnificent \* Marvelous \*  
\* Terrific \* You're Important \* Phenomenal \* You're Sensational \*  
\* Creative Job \* Super Job \* Fantastic Job \*  
\* Exceptional Performance \* You're A Real Trooper \* You Are Right \*  
\* What An Imagination \* That's A Listener \* You Are Fun \*  
\* You're Growing Up \* Outstanding Performance \*  
\* You're A Good Friend \* I Trust You \* You're Important \*  
\* You Make Me Happy \* You Belong \* You've Got A Friend \*  
\* You Make Me Laugh \* You Brighten My Day \* I Respect You \*  
\* You Mean The World To Me \* That's Correct \* You're A Joy \*  
\* You're A Treasure \* You're Wonderful \* You're Perfect \*  
\* A+ Job \* You're A-OK My Buddy \* You Made My Day \*  
\* That's The Best \* A Big Hug \* A Big Kiss \*  
\* Say "I Love You" \*

# Language is power



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# Tips for Talking to Our Children

[thejoyofthis.com](http://thejoyofthis.com) | [fb.com/thejoyofthis](https://fb.com/thejoyofthis)

## INSTEAD OF THIS:

"If you don't finish your lunch, we're not going to the park."

## TRY THIS:

"When you're finished eating lunch, then we can go to the park."

## INSTEAD OF THIS:

"For the last time, come here right now!"

## TRY THIS:

"Do you want to come by yourself, or should I help you?"

## INSTEAD OF THIS:

"Don't slam the door!"

## TRY THIS:

"Please, close the door gently. Would you like me to show you how?"

## INSTEAD OF THIS:

"Stop throwing a fit or I'll put the toy in the trash!"

## TRY THIS :

"I know you're very sad that you can't play with your toy right now. Would you like a big hug until you feel better?"

## INSTEAD OF THIS:

"I told you, you can't have cheerios for breakfast because we don't have any. Do not ask again."

## TRY THIS :

"I hear how much you want cheerios. I wish I had magical powers to make a giant box appear just for you."



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# SHOUTING? USE THE RIGHT TONE OF VOICE and SHOW THE RIGHT FACE

- No need for shouting.
- Strict voice, serious face. Speak slow and short sentences.
- Come down to their level. If you scare them they are not going to get your message, only that you are cross with them.
- Do not laugh. We know they are cute, but they can see it as a joke otherwise they will not understand the behaviour is not acceptable.



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# Don't make false threats....

- Whatever you say make sure you can follow it through.
- Do not use another parent/family member as a threat...you are undermining yourself
- YOU ARE THE GROWN-UP!



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**I earn stickers when I:**

1. Clean up my toys
2. Ask for things using nice words
3. Play with my dog using gentle hands


20 stickers = I get to play Angry Birds for 10 minutes!

MamaOT.com

# Jack's Good Behavior

S M T W Th F S

Listening

Cleaning up Toys

Using Nice words

Sharing

Being Patient