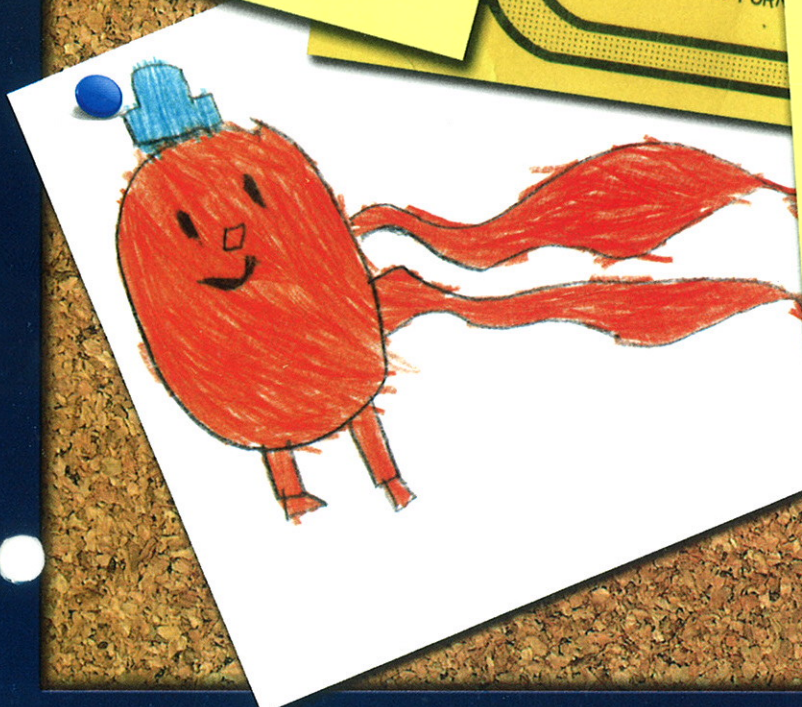




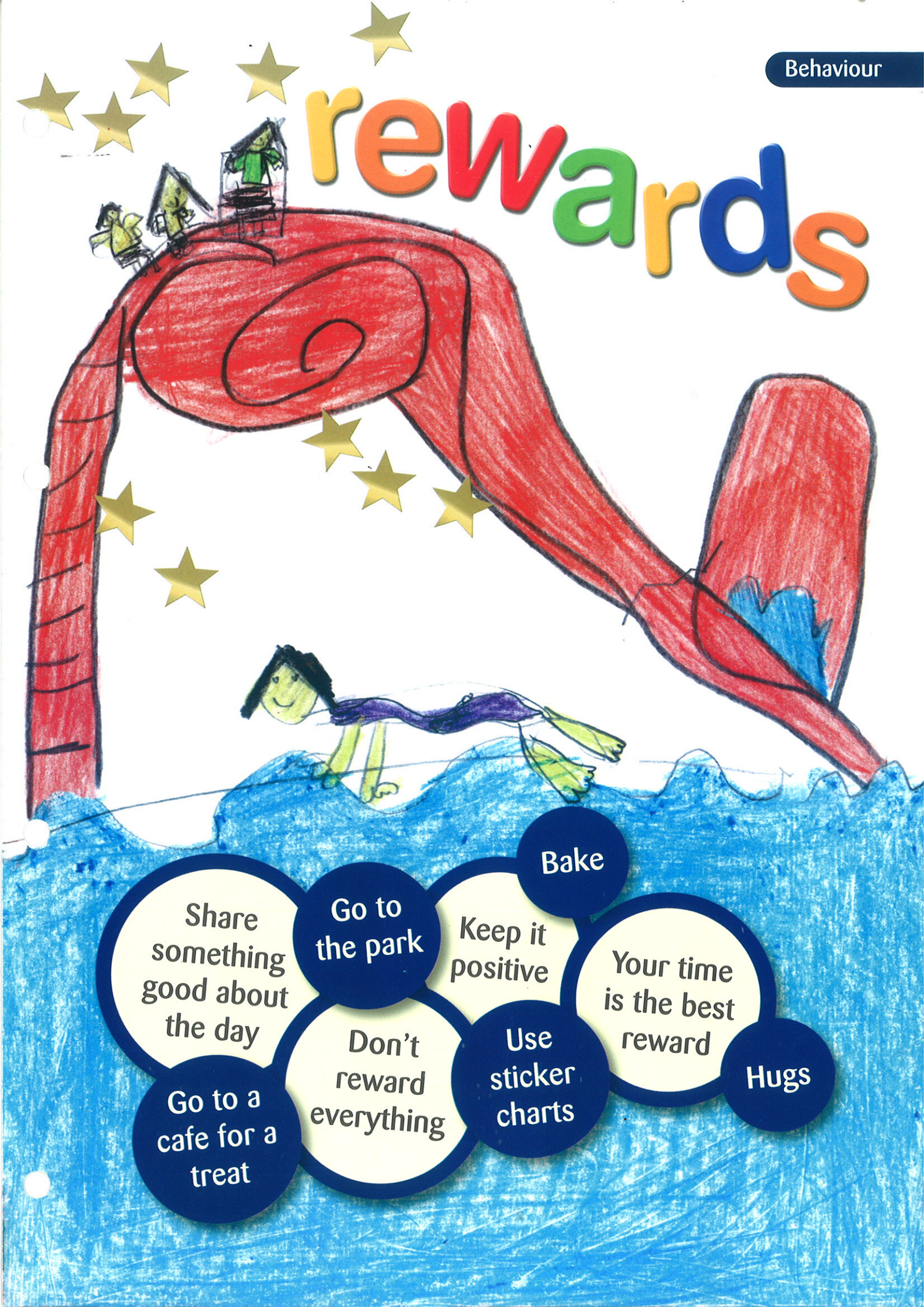
No means no
STICK TO IT!

Focus on
good
behaviour



Spend some
time together
doing things you
both like to do

rewards



Share something good about the day

Go to the park

Keep it positive

Bake

Your time is the best reward

Go to a cafe for a treat

Don't reward everything

Use sticker charts

Hugs

Rewards

Spend some time together **doing things you both like to do.**

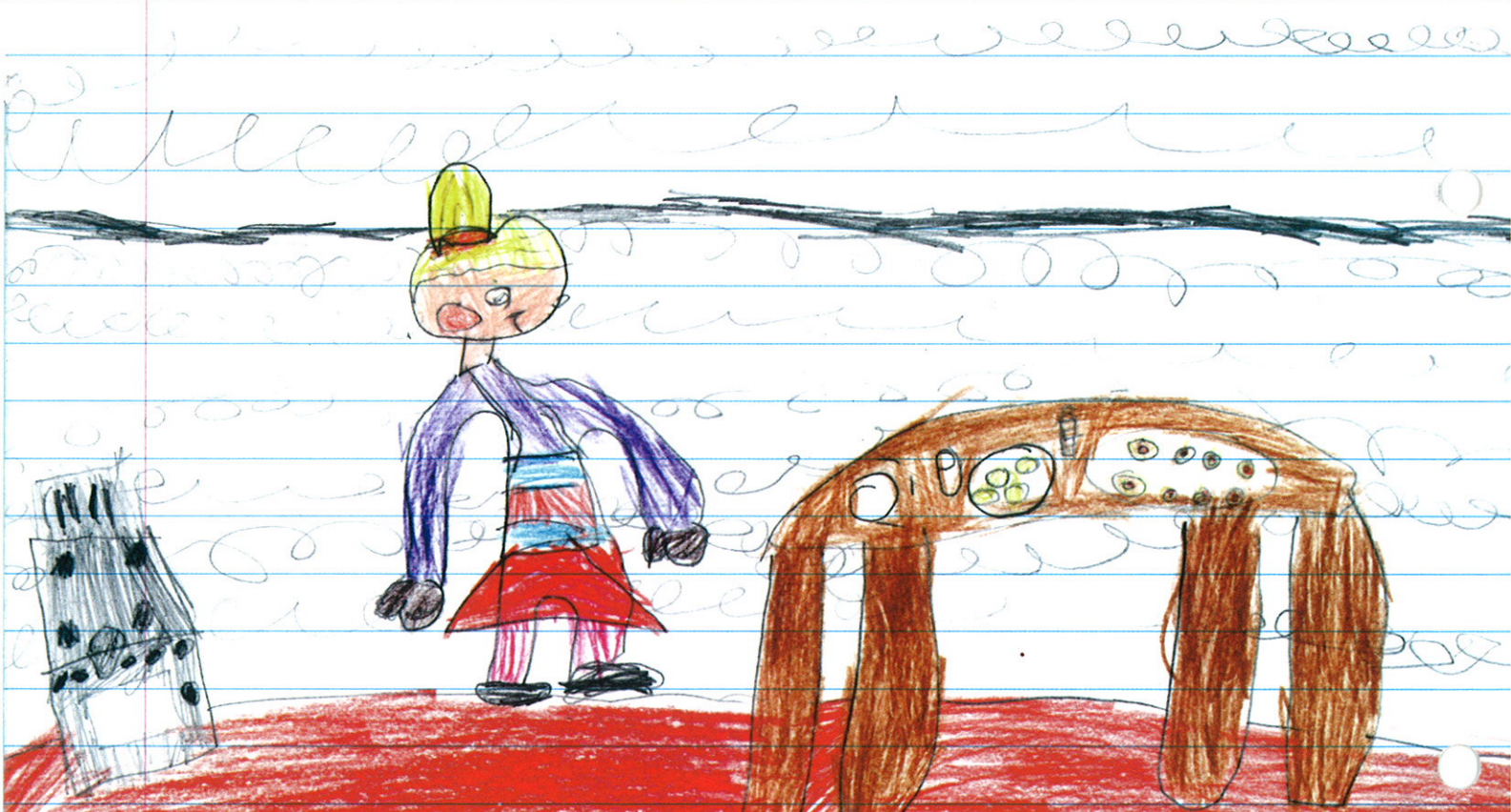
You could **reward by going swimming,** going to the park, baking or going to a cafe for a cake and a drink.

Don't reward everything or go 'over the top'. **Keep it short, clear.**

Snuggle up at bedtime and **share something good about the day** - keep souvenirs in a diary or memory box.

Don't get sucked into buying gifts - it becomes an expectation and is not as effective as **giving your child time and attention.**

Use sticker charts.



behaviour

Well done!



- Be consistent
- Use choices & consequences
- Focus on positive
- Praise good behaviour
- Have clear expectations

Behaviour



Be consistent! Decide on what you want, how you want them to behave and stick to it!

Is what you are asking of your child reasonable - are they tired, ill, is something troubling them that they are not able to talk about. **Check out other possibilities first.**

Children are very sensitive to what is happening at home, be aware that your behaviour has a massive impact on how secure your child feels and their behaviour. **Your child will copy you!**

Children need to feel secure. Boundaries and rules help them feel secure, helps them understand and have the confidence to explore the world around them.

No means no - **stick to it!**

Focus on good behaviour and ignore as much of the behaviour that is challenging you as you can. Stay calm, catch them being good and celebrate the positive without going over the top.

Be aware of the language you use, calling them names, swearing or shouting at them can re-enforce the child's idea that they are 'naughty' and re-enforce the behaviour. **Name the behaviour not the child!**

How are you feeling? Sometimes when you are finding things difficult to manage it is difficult to manage your child. Find someone to talk to. Look after yourself and you will be more able to look after your child.