Early Support
Small Steps - Lasting Change

Top tips to manage challenging behaviour

Parenting is a very difficult job, and many parents want to find alternatives to discipline rather than smacking (which may teach a child that violence is acceptable)

Please see our tips for positive parenting strategies below

- Give plenty of positive attention – this encourages your child/ young person to seek positive attention. Use specific praise - "Thank you for tidying"
- Tell them what you want - ask for the behaviours you want rather than don't want. i.e "please hang up your coat" instead of "don't throw your coat on the floor".
- Offer choices to allow your child/ young person an opportunity to avoid confrontations – " you can have a sandwich or fruit and yoghurt"
- Spend positive time together, focussing on play, conversation and relationship building activities – such as a hobby or interest you can share.
- It's important that all carers and family members, agree on the rules and are consistent, otherwise this leads to confusing messages for the child/young person. Also make sure your child understands what is acceptable/not acceptable.
- Following an incident of unwanted behaviour, give yourself & your child time to calm down before offering your child the opportunity to talk through what has happened, why it was inappropriate, how they feel and how it made you feel. Discuss a suitable short term consequence for your child – once completed move on and avoid reminding them of past mistakes.
- Try to avoid shouting - voices get raised and you can't hear each other.
- Be a good role model, as children learn by example.
- If you are finding it hard to manage your child's behaviour ask the school or Early Support for help.
- See the Early Support contact details and services on www.facebook.com/harrowcc or call 020 8736 6222

16 January 2018 – Behaviour workshop at Stanmore Park for more information call 020 8736 6222