

Top Tips for Parents from our Family Support Workers: Thinking about behaviours that challenge:

Consistency, routine, boundaries, and nurturing equal clarity and predictability for the child, which will support the reduction of behaviours that challenge

1. Tell your child/ren what you **would** like them to do. Children usually only process the action, so try to say, "Please can you show me how well you can walk next to me?" instead of "Don't run away from me".
2. Try to focus on the positive and ignore the negative (unless it is dangerous/harmful/unkind) and give **lots of praise** when you see those good behaviours.
3. **Reach** out for help from friends/family or professionals.
4. **Reward** good behaviours. Children love a star sticker! Especially if collecting lots gets them a small reward at the end of the week. This does not have to be a monetary reward. It could be visiting a friend, extra screen time or trip to a park.
5. If your teenager does not want to talk face-to-face, **go for a drive or a walk** and try to talk things through at a time when they do not need to make much eye contact.
6. For children who like to run away, give them an **achievable** and **safe** boundary - "Can you run to that big tree and then stop and wait for me?"
7. Learn **to forgive yourself** as parent for mistakes you might have made – none of us are perfect and we will all get it wrong from time to time.
8. Learn to **apologise** to your children if you have over-reacted or made a mistake – this goes a long way for both parties in recognising that mistakes happen but acknowledging and accepting them helps build positive relationships.
9. Every moment within **each day** can be a clean sheet. Do not write off a whole day because it has not started well. It can improve and change at any time. Try and avoid reprimanding for past mistakes too. Give children/young people a **chance** to correct a mistakes. Use it as an opportunity for the child to learn.
10. Not every poor behaviour choice needs to have a consequence - try to **understand** the motivations behind it
11. Be **open** with communicating feelings with your child - both yours and theirs and ask what you can do to help rather than punish or reprimand for poor behaviour.
12. Create **boundaries** for children to keep them safe, cared, so that they know what is expected of them. These expectations need to be achievable in relation to the child/ren or young person's age/ability. If these keep changing, the children become confused and unable to meet them.
13. For children/young people that have difficulties in making their feelings known, **emoji's** are a great help
14. Give the child **choices**, so they feel they have made the decision themselves. (Would you like to clean your bedroom? or wash the dishes?)
15. Be at their **eye level** (sit down / bend down) when talking to children/young people.

Contact us on 01992 638000 and/or info@walkthewalkcic.co.uk