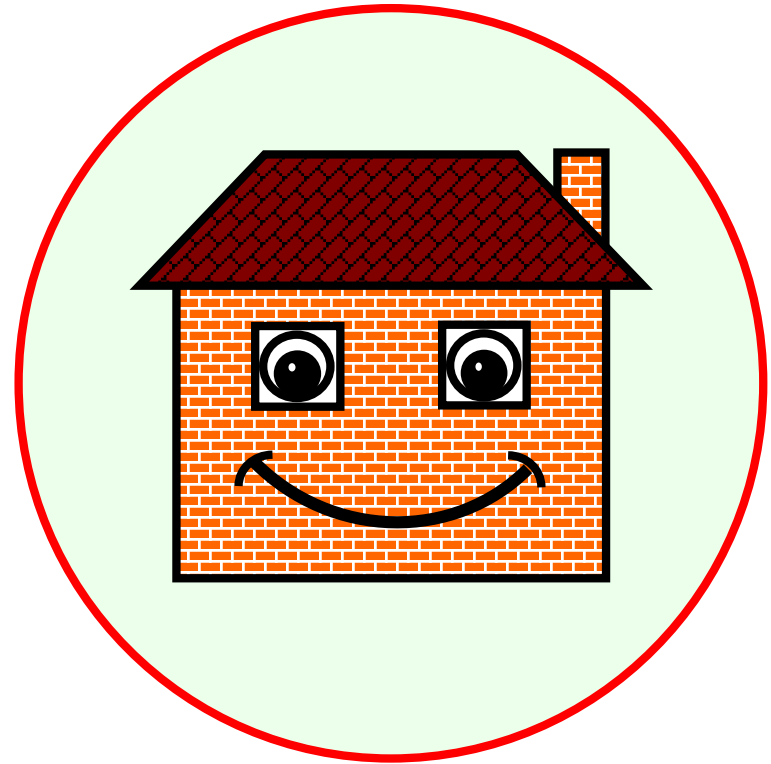


# Hints For A Happy Home



A positive guide to  
helping your child

## Encouraging Good Behaviour



### Set a good example

- show your child what you want them to do by doing it yourself.  
e.g. "Eat all your dinner if you want pudding"



### Say what you want

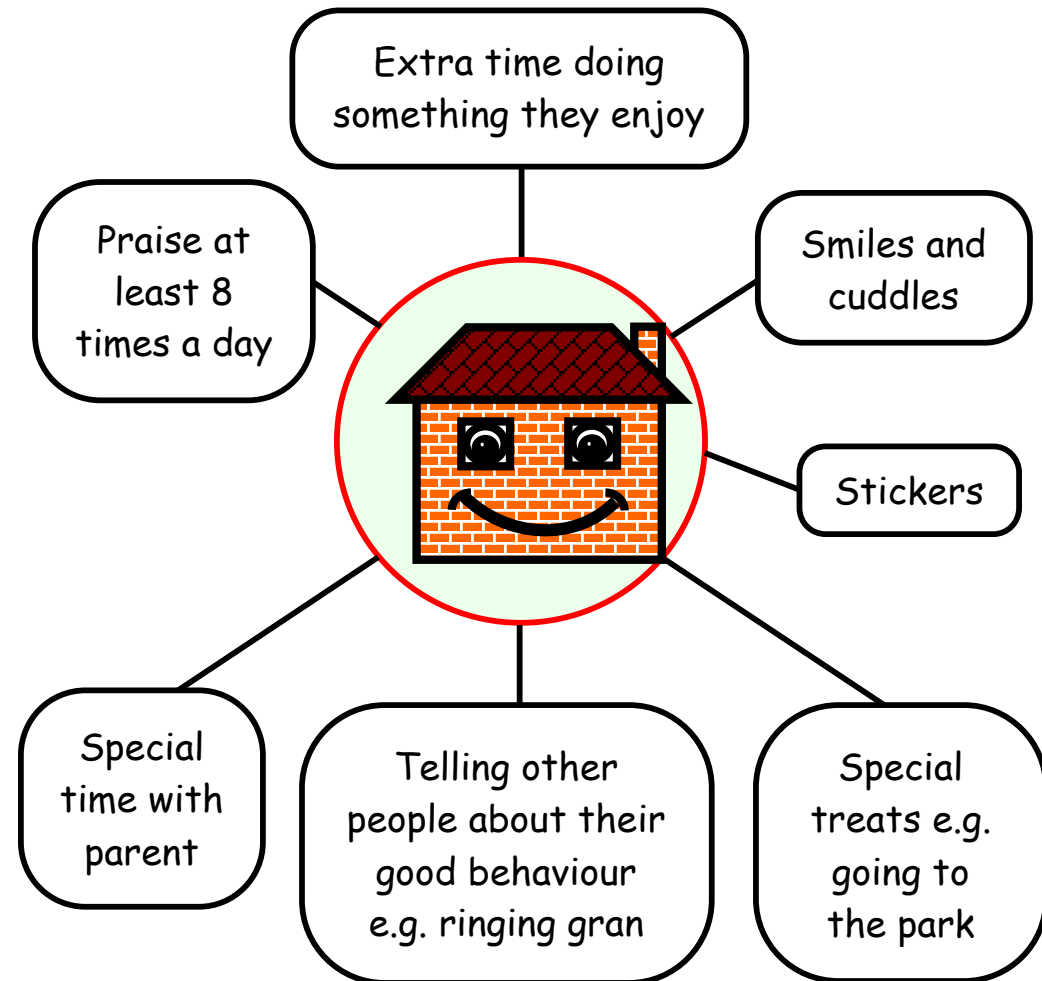
- Tell your child what you want them to do  
e.g. "Talk quietly"



### Catch you child being good

- Tell your child when you are really pleased with their behaviour.  
e.g. "Well done for holding my hand and walking to the car"

What children enjoy will make a good reward.



## Know Your Child

What does your child enjoy?  
e.g. going to the park, a cuddle.

Fill in some ideas for your child.



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## Give love and affection

- We all need to feel loved.  
Your child needs to feel loved too.



## Be cool and calm

- Your child will pick up on how you are feeling  
this may effect their own behaviour.



## Be a good play mate

- Enjoy playing with your child.



## Have fun

- If your child is busy and enjoying what they  
are doing they won't have time to misbehave.

What does your child do that you find difficult?



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**Avoid nagging, threats and bribery**

If you constantly nag then children will learn to ignore the nagging and the threats. Bribery is hardly ever effective. Try instead to give your child reasons why you are disciplining them and what the consequences of their actions may be.



**Be firm but fair**

Make sure 'no' means 'no' and stick to it. It is worth occasionally questioning yourself, why am I saying 'No'? Is it for a good reason or is it something you say without thinking.



**Accept nobody is perfect**

Everyone does something they don't mean sometimes. Children can be forgiving as long as most of the time we are thoughtful and we are prepared to say sorry too!

## Expectations



### Set clear boundaries

Children need boundaries set by grown-ups who do not change the ground rules to suit their own moods.



### Be clear about what you want

Be clear about your instructions - say what you mean and mean what you say.



### Be consistent

All adults need to have the same approach every time so that the child learns what is expected from them.

Which behaviour would you most like to change?



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**Remember to be realistic!**

**Example of How You Might Change the Identified Behaviour.**

The behaviour you want to change	Possible strategies	Desired Outcome
Tantrums in the supermarket	<ul style="list-style-type: none"><li>• Explain that you are going shopping before you leave home.</li></ul>	No tantrums in the supermarket.
	<ul style="list-style-type: none"><li>• Give plenty of warning so the child can stop what they are doing e.g. TV, playing games.</li></ul>	
	<ul style="list-style-type: none"><li>• Involve the child in making the shopping list - Draw pictures if necessary.</li></ul>	
	<ul style="list-style-type: none"><li>• Give them jobs to do in shop e.g. hold list, fetch items. Give them their own little list with pictures.</li></ul>	
	<ul style="list-style-type: none"><li>• Praise wanted behaviour.</li></ul>	
	<ul style="list-style-type: none"><li>• Reward by going to the park on way home.</li></ul>	
	<div><p><b>Remember that everyone needs to use the same strategies!</b></p></div>	

The behaviour you want to change	Possible strategies	Desired Outcome
	<div><p><b>Remember that everyone needs to use the same strategies!</b></p></div>	

**It often helps to fill this in in discussion with someone else so that you can throw ideas around.**