

Behaviour management

- iReward
- iRewardChart: Parents Reward Tracker Chore Chart
- ChoiceWorks

Useful links

Websites:

- www.leedslibraries.nhs.uk
- www.leedscommunityhealthcare.nhs.uk/0-19team/
- www.nhschoices.net
- www.sparklebox.co.uk (for reward charts)
- www.henry.org.uk (follow the 'What's on' link)

Films/apps:

- NSPCC Positive Parenting download - nspcc.org.uk
- Parents from Leeds videos - www.leedscommunityhealthcare.nhs.uk/0-19team/



You can find us on Facebook:
0-19 Public Health Integrated Nursing Service

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Behaviour tips




0-19

**Public Health Integrated
Nursing Service**



Top behaviour tips

- Listen/watch carefully to what your child is telling you.
- Limits have to be set even in the most loving, listening relationships.
- Part of being a parent is about creating boundaries.
- Seeing things from a child point of view and imagining how your child feels is key to understanding behaviour.
- Praise and encourage your child.
- Respect your child as you would another adult. Show your child how to behave well by example. Children learn by copying behaviour and they will copy yours.
- Set routines. Small children feel more secure.
- Some rules are necessary in every family, but try to be flexible with very small children.
- Make sure the house rules are the same from all adults. Consistency is key.
- Don't forget your own needs; take some time out if possible.
- Change the environment not the child. It's better to keep precious, dangerous or fragile objects out of reach than to punish your child's natural curiosity.
- Ask yourself if your requests are reasonable for your child's age and situation. You will need to be more patient with a very young child or one who is tired or ill.
- Don't rely too much on rewards and punishments - as a child gets older, the power of rewards and punishments gets less. Explain the reasons behind your decisions. Negotiate with older children, use diversion/distraction tactics with little ones.
- Give your child at least 5 to 10 minutes of your undivided attention daily doing an activity of their choice.
- Give your child a 5 minute warning when something is going to change e.g. going to the shops, nursery, turning the TV off or bedtime.
- Stay calm, be clear and consistent.
- Children are not naughty but normal.



Children are naturally enthusiastic and curious. This can make them behave in ways adults call naughty, but it would be very odd if a child never tried things out or made mistakes.

Involve your child in daily chores, for example washing in/out of washing machine, passing pegs for washing line, let them write a shopping list to carry while at the supermarket and keep referring to it. It will be scribble but that does not matter, it's theirs.

Be positive! Tell children what you want them to do, not just what you don't want.

Children need to learn family rules and how to co-operate with others. Helping children learn self-control takes time and patience.

Play

- Children learn best through playing with other children. It helps them learn to share.
- Make sure that your child has access to a good range of age appropriate toys and books.
- Encourage some outdoor time such as playing in the park - summer or winter!
- You can join the library, go to playgroups at your local children's centre or see if your child can have a nursery place.
- TV in moderation is fine - try to limit to no more than 2 hours a day.