

PARENT RESOURCE

GUIDELINES

1. Remember you are the parent and responsible for your child's development so don't be afraid to parent.
2. The love in your relationship is the catalyst of behaviour change.
3. It is okay to negotiate with your child as they grow older to teach them responsibility but safety issues need to be black and white.
4. If consistent use of these simple ideas does not work, seek specialist help.

PARENT STRATEGIES

Decide on the exact behaviour you would like to change.

Tell your child exactly what you want him to do and show him how. So if you want him to tidy his room, show him how step by step. First, put away the clean clothes, second put dirty clothes in the basket... and so on. You may even need to put up a chart of reminders.

Reward your child at each opportunity the child does the behaviour. It is important to reward what they do rather than to say nothing and punish for not doing.

Continue the positives until the behaviour is established.

POSITIVES

Praise

Can you remember when your child started to learn to walk. Did you focus on his not walking or praise his every little step? Appropriate behaviours thrive on well directed praise. However if we are not careful we can reduce the effectiveness of our praise by attaching a criticism eg "Your room looks great. Why can't you do this all the time!" Avoid this sting in the tail and just use the praise to reinforce desirable behaviour.

Verbalise Feelings/Thoughts and Beliefs

Tell your child how you feel and what you think when they do something, eg "I feel happy when you do the right thing, because I think people who do that have better lives." "I believe in doing the right thing".

Demonstrate Love

Spending time with your child every day to read/talk/go to sport, clearly demonstrates your care for them. As little as 30 seconds of your undivided attention validates children.

Model

Your child will do the things you do. If a behaviour needs changing ask yourself honestly about what you do. (You may both need to change).

NEGATIVES

Tactical Inaction

Watchfully choose not to act. This allows your child the opportunity to self correct.

Verbalise Feelings, Thoughts and Beliefs

I feel eg "I feel disappointed when you don't bring your homework home".

I thinkeg "I think if you keep on doing this it will become a bad habit".

I believeeg "I believe learning to do things the right way helps us to form good habits".

Redirection/Warning

A clear short instruction eg. "What are you supposed to be doing?". Give your child time to comply and/or reply. If the unsuitable behaviour continues give the warning eg. "Stop annoying your sister or go to quiet time." It is essential if you give the warning and they don't comply that you follow through.

Quiet Time

This is a place facing a wall where you can watch your child. They are not allowed toys etc. Maximum time is about 3 minute. Most times 1-2 minutes is enough. At the end don't nag them instead try and engage them in some positive activity.

Time Out

If your child refuses to sit quietly in quiet time they can be removed to an area in your house specially set up. (It should not be their bedroom). A bathroom or laundry are often the best. Ensure there is nothing dangerous in the room. Cupboards may need to have locks fitted. Your child stays in the room for the allotted time (most times around 5 minutes). The time does not start until they are quiet. If they are noisy, firmly tell them time will not start until they are quiet. You may need to hold the door shut. At the end of the time ask them to tell you what they should have done, and what they would do next time

Loss of Privilege

A favourite television show or possession is banned for up to one week, many times a short break before trying again is all that is needed.

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