

Managing Difficult Behaviours

- ✓ Talk in private with your child. Avoid embarrassing them
- ✓ Move close to your child when talking, bend to their level

- ✓ Make eye contact while you speak calmly
 - Talk slowly and firmly in a normal tone of voice
 - Make it short and simple- Kids lose track of your message
 - Avoid scolding or lecturing

- ✓ Ask your child to repeat what you said in their own words

- ✓ Use appropriate consequences
 - Be clear and specific
 - Time limited
 - Discussed in advance with your child in a way that is respectful, and so that you can get their buy in to the behaviour plan

To help build life skills

- ✓ Discuss and problem solve with your child
- ✓ Avoid comparison with your other children
- ✓ Keep trying, mistakes help our brains grow- this is a process (not a quick fix)
- ✓ Build resilience based on strengths not weaknesses
- ✓ Provide opportunities for your child to openly express emotions in a controlled way
- ✓ Recognize and reward with praise the things that your child does appropriately- 5 positives to every negative

Parent self reflection

- ✓ Try not to yell- if we are emotional, we need to take a break from the conversation
- ✓ Recognize our own anger (Shark Music)
- ✓ Don't use physical punishment
- ✓ Explain the reasons for the decisions you are making
- ✓ Show the behaviour that you want to see in your child