

## IDEAS FOR BEHAVIOUR - 1

**YOU ARE THE  
GROWN UP**

**EXPLAIN YOUR REAL  
REASONS**

Your children are your apprentices in learning how to behave. Show and tell them what they should do:

"Because I say so" teaches nothing for the next time.

**TRY TO SAY YES AND  
WELL DONE**

**BE READY TO PRAISE  
BEHAVIOUR**

Try to say "yes" and "well done" at least as often as you say "No" and "Stop that".

Be ready to praise behaviour you like rather than just scolding behaviour you don't.

**REWARDS**

**GIVE SECURE LIMITS**

Rely on rewards such as hugs and jokes.

Give secure limits children can test but not overturn. Make sure the baby can't reach the fire, the toddler can't open the gate, and the older child is holding your hand before you reach the road.

**STICK TO THE RULES  
EVEN IF YOUR CHILD  
ACT UP IN PUBLIC**

**EXPLAIN**

This is always terribly embarrassing and a great incentive to give in, but if you do they will act up again.

If your child does something wrong, explain what it is - and how he or she can put things right.

## IDEAS FOR BEHAVIOUR - 2

**GIVE CHILDREN  
THEIR SAY**

**CANT SORT OUT  
WHEN CROSS**

Listen to them, respect their point of view, but don't let them bore or blackmail you into giving in against your better judgement.

Never try to sort something out while you or a child is cross. Wait 'til they've calmed down and then reason with them

**NEVER NAG**

**SUGGEST YOU  
DISLIKE YOUR CHILD**

The more you go on at them, the less children will listen, so ignore minor silliness and cheek.

Even when you dislike his or her behaviour. Take care to separate the child from the behaviour, say: "I really love you, but I hate what you just did".

**NEVER RELY ON  
PUNISHMENTS**

**UNDERESTIMATE  
YOUR CHILD'S  
INTELLIGENCE**

Especially smacks and yelling. Smacking doesn't work - it teaches fear.

You can usually talk through a lot more things than you think, especially with older children.

**DON'T GIVE IN TO  
POWER GAMES**

**DON'T IMPOSE  
SOLUTIONS**

A child who can blackmail you by whining or throwing tantrums is bound to persist with this behaviour.

If there's a problem don't say "Do this or else". Offer choices. If you look at a problem through a child's eyes it's easier to come up with solutions that he or she will like and that work.