

IDEAS TO SUPPORT WITH BEHAVIOUR AT HOME



SCHOOL AND HOME WORKING TOGETHER

We often hear from parents that their children do not behave as well at home as they do at school. With temper tantrums and refusal to do as you ask at home does it leave you thinking “Are they talking about the same child?” when the teacher gives a glowing report of their behaviour at school!

You are not alone! So here are some tips they may help you with consistent behaviour between home and school and how positive language can help your child feel good about themselves, having a encouraging impact on their behaviour.



USING THE LANGUAGE OF CHOICE

Instead of asking children if they want to do something which then gives them the opportunity to refuse, try to word it differently so they can't wriggle out of it! Some examples are...

- Rather than asking “Would you like to do your homework?” instead you could say “Spellings or reading first?”
- Instead of asking “Can you do your reading now?” you could say “I would really like to hear you read to me”
- Rather than telling them to tidy their room you could ask them if they would like to clear their desk first or pick up their toys off the floor?



USING POSITIVE PRAISE

Rewards are great for children but are an expense that is not always necessary. Children like nothing better than to please, especially their parents. It is important to find the positives rather than focusing on what they have got wrong.

For example:

- Try not to say “Why didn’t you get 10/10 in your spellings?” instead you could say “Wow you learnt 7 new words this week that you didn’t know last week because you tried so hard, well done!”
- Try not to point out that their handwriting isn’t perfect and they’ve made spelling mistakes in their piece of homework instead tell them how proud of them you are on how they completed their homework independently. A clear picture of what they can do independently will help set their next steps for learning.



HAVING POSITIVE EXPECTATIONS

Positive expectations involves parenting in a warm, kind and respectful way with fair, firm boundaries and relevant, reasonable consequences.

- **Choose your battles!** Constant nagging and criticism makes children tune out. Decrease the number of commands given to those that are most important. Ignore minor misbehaviour and focus on the things that really matter.
- When making requests, **state what you want to happen**, not what you want to stop, for example: Say “Please walk” rather than “Don’t run”.
- **Listen to your child’s ideas, respect their feelings and praise practical solutions.** Agree on a mutually acceptable solution, such as: “You don’t like brushing your teeth because you find the toothpaste tastes horrible, so we agreed that I’ll buy a different make and see if that helps”. “You don’t like me coming into your room in the morning because you’re tired & don’t feel like talking, so instead, you’re going to set an alarm clock and I’m going to leave you to get up without nagging you”.



ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY

Consequences help children to foster decision making, learn by their mistakes and be accountable. If there are no boundaries or consequences, it can result in your child feel uncontained, unsafe and out of control.

- If your child refuses to do something such as complete their homework task then they need to accept the consequence they are given for example staying in to complete the task during a lunchtime-this is to teach them important life lessons and will encourage them to think about how to do things differently in the future.
- Once a consequence has been carried out, make it clear that that is finished and it is now a fresh start.



BUILDING A GROWTH MINDSET

- It's really important that children believe that as they grow they can achieve and this is done through effort and hard work. The way in which we talk to children can have a big impact on the way they feel about themselves. Encourage your child when they are faced with a challenge. Using language such as "I know you can complete that piece of writing because you are doing such a good job so far"
- Learn from mistakes and move on in a positive way. Say something like "Ok, so you didn't make the best choice that time but I know next time you'll make the right decision"
- If your child is frustrated when completing a task, use the word 'yet' For example "You don't know your 4 times tables yet but if we keep practising I know you can learn them"
- Aim to show them that disappointment and bouncing back are as important as doing well. Your child should know that trying is what matters and not to demand perfection from themselves or others.
- Encourage your children to make sensible guesses when encountering homework or a new situation; don't allow them to hide behind 'I don't know', children have to learn to take a chance, not expect someone else to make life OK.
- We all learn from our mistakes; it just means we have another try!



DEVELOPING A POSITIVE OUTLOOK

- Instead of asking your children questions such as, “How was school?” and, “What did you do today?”, teach them to reframe their day.
- The following is a game that could be played over dinner. Everyone must answer three questions:
 - 1) What did someone do today to make you happy?
 - 2) What did you do to make someone else happy?
 - 3) What have you learned today?
- This simple exercise helps us all find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It doesn't matter what may have happened at work or school, or how stressed any of us may have felt when we sat down at the table; the whole mood seems to lift once after answering the questions. You can learn things about each other that you might not have talked about before.

POSITIVE AFFIRMATIONS FOR CHILDREN

I can learn from my mistakes

I am worth it

I can think of great ideas

My voice matters

I can ask for help when I need it

My talents are special

I can do great things today

I can accomplish my goals

I am important

I am unique

My thoughts are important

I can overcome challenges

My positivity multiplies

I can overcome obstacles

I can make great choices

I am patient



Remember: children will have positive days and not so positive days; this is normal and all parents experience this!

For more information or support please contact
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