

Keep going... consistency results in impact

Help your child understand their **feelings**. When you are curious about your child's feelings, this helps them understand and find words to describe them. You can also help them think about the signs that let them know they might be about to 'blow their top' – such as feeling hot, muscles clenching or breathing more heavily. Talk about alternatives for when they are feeling sad or angry. "Next time, you could"

Spend quality time with your child. Find things you can enjoy together – such as going to the park, playing a board game, cooking something or watching a favourite film. As a parent you will often be juggling different things, so try to set aside time when you can be really present with your child. We know this can be difficult when you have multiple children or when juggling work/after school clubs etc, but it will pay off if they know they get their own one on one time.

Talk to us at school. Share your concerns with their teacher and find out what their experience is. How does your child behave at school? Is it similar or different to the way they behave at home? If your child's teacher has found something that works, it may be helpful to try it at home to provide consistency.

Key Reminders:

- Focus on one behaviour at a time, rather than trying to change everything
- Ask for help from friends and family
- Model good behaviour
- Pick your battles
- Wait until everyone is calm before trying to discuss behaviour



Greenfields Academy

Behaviour Advice & Support

www.greenfields-cit.co.uk

If you are struggling with any element of your child's behaviour, look at these helpful tips.

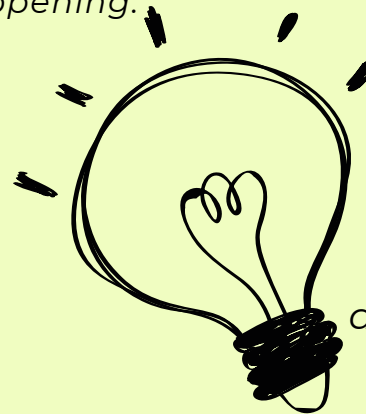
Set clear boundaries and routines and stick to these as much as you can. You could do this by creating a family agreement covering things like screen-time limits, family meals and times for getting up and going to bed. Any breaking of the agreement, state what is unacceptable about the behaviour, give the consequence, then move on. Don't hold grudges or keep talking about the same incident/behaviour. Visual timetables are a great way of showing the children what is expected or what is happening.

Give your child lots of positive praise. Children want attention!! If they don't get it for positive reasons, they will start playing up to get negative attention!! Notice and encourage them when they demonstrate the kinds of behaviours you have asked for and be specific about why you're praising them. You'll probably feel silly, praising for little things, but it will really help.

Your child's behaviour is a communication about how they're feeling. When your child is acting out, it can be useful to think of an iceberg. The difficult behaviour is the tip, but there are likely to be a range of emotions hidden under the surface.



Try to stay **calm**. You may feel frustrated, angry or overwhelmed when your child is behaving in challenging ways – and this is completely normal. Try not to react or argue back when things are like this. Give yourself and your child a chance to have some space before you talk about it.



Follow through on consequences. Your child will likely respond better if you give a warning before the consequence, so they have an opportunity to change their behaviour. After the consequence has been given, it's important to chat together about what happened and return to positive interactions.

Talk together about activities that help them to express their feelings and calm down. This might be drawing or painting, doing something active like running, jumping or their favourite sport, reading a book, writing a story, baking or making something out of playdough or Lego.