**Lets talk about – Parenting and managing behaviours**

**Parenting is a difficult job with no specific road map and every day a different journey is made.**

**Parenting can evoke strong feelings In the parent, usually these are negative feelings of low self-worth and feeling useless. These feelings can get transferred onto children, so it is important that the parent is aware of them and uses them to acknowledge what makes them feel good, what they are good at and what would they like to do differently like to do differently.**

**PRAISE - Praise is important because it makes you feel good about yourself, it makes you want to try harder, it makes you want to connect even more to the person giving the praise**

**Visualise a balloon and every time something good is said it inflates, every time something negative is said it deflates, we all want a full happy balloon as opposed to a flat one. **

**Lets talk about praise with the parent**

When someone praises me I feel -…………………………………………………………………………………….

When someone criticises me I feel ……………………………………………………………………………………..

How do you think your child might feel?.........................................................................

What can we praise and encourage children for?.................................................................

Use the table below to help a parent explore this further-

|  |  |
| --- | --- |
| **Ways to say praise** | **Ways to show praise** |
| **Example – well done** | **Thumbs up** |

Praise is intrinsically linked to positive behaviour, the more it is provided the more the child seeks. Any attention is better than no attention.

If a child is not able to get positive attention and praise, they will resort to negative behaviour

How to encourage Good Behaviour –

|  |  |
| --- | --- |
| Verbal reinforcement | Cheer, positive words etc |
| Physical response | Ruffle hair, touch cheek, hug, dance etc |
| other | Sticker chart, penny in the jar, read a story, something off a reward list |
| Reward list | Parent and child make a reward list of things they can do together, colour, read, stick, jigsaws, bubbles, playdoh – something special together |

   

Managing negative attention and behaviour is exhausting and it is easy to get stuck with worlds like NO and Don’t. When tired parents responses can become angry and abrupt. Having a plan of what to do when can help redirect a childs behaviour, especially if they are part of making the plan. The plan should never contain threats of harm or intimidation.

|  |  |
| --- | --- |
| **When …** | **consequence** |
| **You throw toys**  **You hit your sister**  **…** | The toy goes away for an hour  Time out for…. |

When I was a child, the consequences I had were ………………………………………………………..

These made me feel ……………………………………………………………………………………………………..

How do you think your child would feel?.............................................................................

What can be done differently ?…………………………………………………………………………………………..

**Rewarding positive behaviour does not have to be expensive or be about buying things.**

****Change comes from within and therefore the reward needs to focus on how the child feels. Happy feelings make happy people.

Ideas for rewards –

* Fill a bag or jar with pieces of paper. Each piece of paper states a reward - ie special book, colouring, painting, waterplay, icing a biscuit etc
* Penny jar – add a penny each time and at the end go buy a treat, - a pencil, a chocolate etc
* Star chart – 5 stars =? 10 stars = ? – encourage striving for more
* Activity box – dressup, jigsaws, face paints etc
* Activity – walk, dance, collect leaves, treasure hunt outside, chalk outside, puddle splash

Be as creative as you can, the aim is something small that is achievable and can be done together.

****Activities together develop relationships, relationships develop positive feelings, trust, affection, and motivation.

Positive feelings provide confidence to try, an interest in the world and people, a sense of fairness and respect, better outcomes for the future.

February 2019