



BEHAVIOUR FACTSHEET

This factsheet will provide you with helpful hints and tips along with links and websites about behaviour to help you and your child develop emotionally and behave well.

TOP TIPS TO HELP WITH BEHAVIOUR

Children, as they become more independent, push boundaries and become more challenging but this is a necessary part of growing up.

Tip 1: Children need to feel secure. Boundaries and rules help them understand and have the confidence to explore the world around them.

Tip 2: Decide on what you want, how you want them to behave and stick to it. Be consistent.

Tip 3: Focus on good behaviour, ignore as much of the bad behaviour as you can. Catch them being good and celebrate the positive without going over the top. Most importantly, stay calm.

Tip 4: Recognise and avoid trigger situations that cause poor behaviour.

Tip 5: If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead and the reasons why.

Tip 6: Sympathise with how your child may be feeling. For example, saying "I know you are frustrated", if your child is struggling to do something.

Tip 7: Is what you are asking of your child reasonable for their age? Are they tired, ill, hungry or is something troubling them that they are not able to talk about. Check other possibilities first.

Tip 8: How are you feeling? Sometimes when you are finding things difficult to manage it is difficult to manage your child. Find someone to talk to. Look after yourself and you will be more able to look after your child.

Tip 9: Your time is the best reward. Share something good about the day.

VISIT THESE USEFUL WEBSITES

E-school Nurse Service

<https://www.cumbria.gov.uk/ph5to19/contact.asp> twice weekly online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old. You can telephone for an appointment 01228 603973 Mon-Fri 8-4pm.

Public Health 5-19 Service

<https://www.cumbria.gov.uk/ph5to19/> advice and support on many childhood health and development issues

www.nhs.uk

Lots of different information and guidance on children's development.

www.parenting.org.uk

Action Not Anger- How to help your child develop some self-control.

www.familylives.org.uk

How to deal with difficult or aggressive *behaviour* from your child.

http://www.youngminds.org.uk/for_parents/worried_about_your_child/behaviour_problems

Information and support on Children's behaviour and emotional health.

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/positive-parenting.pdf>

Positive Parenting leaflet from the NSPCC.