

Coping with Kids ABC of Behaviour



Assertive, calm statements

- *Eye contact*
- *Name*
- *Touch or stand close*
- *Calm positive statement of what you want*

If Necessary refocus by repeating 3 times. Be prepared for manipulations; Do not back down, be consistent, do not get drawn in to an argument.

Be Positive:

- *Praise 10 things daily*
- *Be specific and genuine, say exactly why you like the behaviour*
- *Reward even the smallest glimmer of positive behaviour*
- *Give attention for quiet behaviour*
- *Use rewards that the children like but they do not have to cost money e.g stay up late, play a game or a smile and a hug*
- *Enjoy your children*

Consistent and Effective consequences

- *Give as a choice*
- *Something the child does not like*
- *Not physically or psychologically harmful*
- *Related to misbehaviour e.g grounding if they come in late*
- *Given as soon as possible*
- *Use consistently*
- *Matter of fact, calm manner*

TOP TIPS

- Discuss with other family members so everyone is expecting same standards of behaviour
- Try ignoring or distraction for minor 'naughty' behaviours
- Work out a Behaviour plan using the [ABC](#) guide
- Above all **STAY CALM**

