

Behaviour

When the going gets tough!

- Increase special time
- Be clear – keep the message simple and repeat it if necessary.
- Be consistent
- Have house rules and routines
- Use consequences
- Work together – include the wider family.

Remember to plan in family time - look for free activities and events to take part in as a whole family so that the child recognises the security of their home life.



Managing behaviour in a positive way



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Managing behaviour in a positive way

Behaviour Management

Behaviour management is part of building a positive relationship with your child. Managing behavior may sound formal, but really it is made up of simple strategies to support your child in feeling secure with your expectations. It also provides a scaffold to support you when your child may be displaying challenging behavior.

Emotional Needs

Children have a range of emotional needs, no matter how confident they may appear. Children develop and grow through these needs being met when we ensure that the following are in place and we are consistent in our behaviour when relationship building with our child.

- Security - consistent routine and boundaries and being protected from parental anxieties and worries.
- Attention - ensuring that your child has special (dedicated) time with you.
- Social life - friendships
- Healthy modelling - ensuring your behaviour reflects what you want to see displayed by your child.
- Challenge - your child's behaviour
- Belonging - family routine and consist boundaries.
- Having some control - in the form of choices when setting freedom within limits as part of your behaviour management strategies.

STRATEGIES TO EMPLOY

Security

To encourage children to feel secure in relation to their behaviour and your expectations, there needs to be routine, boundaries and consistency within the home.

Routines reflect the everyday and a daily consistent routine sets clear expectations for a child. These routines should include exercise, as this is an outlet that promotes good mental health.

To maintain routines, you could utilise the following to help:

- Use visual reminders
- Reward systems
- Appropriate expectations
- Praise

The boundaries that you put in place need to be reasonable and clear to your child. Allow your child freedom within limits so that they feel that they have some control whilst being secure within your expectations.

Addressing issues

When trying to get a clear message across to your child, ensure that you get up close and use your child's name. Keep the instruction positive and give the child time to respond. When speaking try to be clear (even when addressing more challenging behaviour) and keep the instruction simple.

Praise

Praise is key when relationship building with your child and also when managing their behaviour. Try to notice when they do the right thing and praise immediately. Using labelled praise means that children understand which behaviour it is that you are proud of. As children want your approval and praise this supports the child in recognising the behaviour you wish them to repeat.

Being a Role Model

Your child will look up to you and respect you which means you are often their key role model when it comes to everyday life. Try to ensure that your worries/anxieties are not exhibited to your child so that they do not reflect that behaviour. Additionally, try to have any difficult parental conversations away from the children.

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