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**

