

*Practical ideas and resources for
behaviour management.
Information Session*



Practical ideas and resources for behaviour management.

In this session we will think about these things.

- What is behaviour management.
- Being positive and consistent.
- Things to think about before you start.
- What behaviours do we want to see?
- Marble jar.
- Sticker charts.
- Special time.
- Other suggestions.
- What will happen when their marble jar or sticker chart is full?
- Keep smiling.



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What is behavioural management?

- It is when we are motivating and encouraging our children to do what we would like them to do.
- We are aiming to get our children to show us the positive behaviours that we want to see. For example being kind, listening, being gentle, sharing, trying hard and being honest. These are our Golden rules that we follow at school.
- In some situations, we need to provide a system for our children to help them make the right choices and see less of the negative behaviour.
- Often negative behaviour is a way for children to get our attention. We need to try and give them attention when they are doing the positive things.



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Being Positive and consistent.

- Focus on the positive things we want to see and not a list of negative actions. For example;
 - I said don't keep getting up from the table when you are eating.
 - I said don't take toys away from your brother and sister when you are playing with them.
 - I said don't say no when Mummy/Daddy asks me to do something.
- These can be re worded to allow you to see the positive actions/behaviours that you would like to see from your child.
 - I really like how you are sitting at the table to eat dinner.
 - I really like how you are letting your brother/sister play with your toys.
 - I really like how you used your listening ears when Mummy/Daddy asked you to do something.
- It is always better to catch your child being good and doing the right thing even if it is for a few minutes.
- Always try to give the same message to your child, consistency is very important.

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Things to think about.

- Occasionally we may need to observe a child and notice when their behaviour is at its worst. For example;

Are they less cooperative just before a meal time, perhaps they are hungry?

Is it worse around bed time, maybe they are going to bed too late and their bed time needs to be brought forward?

Is it when you ask them to do something they are enjoying, maybe you haven't given clear instructions as to when the activity will finish.

Have they had too much time watching or playing games on electronic devices, maybe you need to think about the length of screen time your child is having and the type of things they're watching and playing. I know it is very easy to give a child an iPad and let them play but is it the best thing to do for extended periods of time?

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What behaviours do you want to see?

- After observing your child and thinking about when their behaviour is not what you would like to see you can think about what you want them to do.
- Give them specific targets;
 - I can put my shoes on before school when you ask me.
 - I can make my bed in the morning.
 - I can share my toys with my sister/ brother/ friend.
- The target can be more general and it can be to notice when they are making good choices.
- Remember we are concentrating on the **positives** here and noticing when they do what we have asked them to do.



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Marble jar



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Sticker Charts



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Special time.

- Every day your child starts with a specific amount of special time.
- During the day if your child continues to make 'good choices' they get to keep all their special time.
- If they make a 'bad choice' they lose time from this.

- For our younger children I think this is a harder model to follow as instead of giving them praise and attention for making good choices they are only being given attention for negative choices that they have made.

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Other suggestions

- Smiley faces.
- Traffic light system / thinking time.
- Visual timetable to show your child what is happening during that day.
- Using the sand timer to give warning times when an activity will change.
- Jobs chart

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What will happen when the marble jar or sticker chart is full?

- Decide with your child what will happen when they have filled their marble jar or sticker chart.

- Please remember that the reward does not have to be a gift.

- A few examples-
 - An extra story at bed time.
 - Friday film night with the family.
 - Choosing their favourite food for dinner.
 - Something that is special to them.
 - This can be written at the bottom of the sticker chart so they know what they are aiming for.

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Keep smiling

- Thank you for coming and enjoy 'catching your child when they are making the right choices'.
- Once you have given your child the sticker or the marble you cannot take it away. They have earned it for making a good choice.
- Remember that we cannot win every battle and sometimes it is okay to 'pick the battles that we want to win'.
- The next workshop is on Tuesday 7th December and is about how you can support your children's phonics at home.



Thank you.