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ENRICHING CHILDREN'S LIVES

## AND REGARDING BEHAVIOR....

### ALWAYS REMEMBER THE THREE C'S:

#### 1. CHOICE

- Allowing the child to make a decision
- Allow two choices and at least one of them should be positive (either choice is 'ok' with parent)
- This gives the child a feeling of control over her environment while you are still setting the stage
- Avoid yes/no choices

Example: 'Do you want to wear the red pants or the blue pants?'

#### 2. CONSEQUENCE

- Consequences should never be surprises
- Consequences should be natural

Example: 'If you don't wear your mittens, you will get cold hands'

#### 3. CONSISTENCY

- Follow through on consequences (both parents need to follow through the same way for each behaviour)
- Stick to the choices and consequences that you told your child

### **\*\*MORE TO REMEMBER\*\***

"It is better to have fun than to battle!!" For example, Johnny and mom are in the park and it is time to go home. Rather than arguing with Johnny about leaving the park, she can make a game of it:

"Let's see if we can hop to the car" or  
"Let's see who can walk backward to the car"

Transition times Remember, some children have 'bad brakes'. It is difficult for some kids to stop one activity and move on to the next.

- Give the child advance warning prior to the end of an activity—count down, reminders etc.
- Allow the child to adjust to the upcoming transition