

## TIPS TO HELP YOUR CHILD BEHAVE

### **Spend unstructured time together**

Schedule 15 minutes each day with your child, to do whatever he wants to. Playing together helps repair the parent-child bond and lays the groundwork for positive reinforcement in the future.

### **Praise good behaviour immediately and often**

Positive reinforcement is a powerful behaviour tool when it comes from a parent. Keep praise immediate and enthusiastic, and specify the exact behaviour you are commending.

### **Reinforce praise with tokens**

Tokens can be anything tangible and easily recorded—stars on a chart, coins in a jar—and should be awarded promptly for good behaviour. Once a certain number of tokens are amassed, the child earns a predetermined reward.

### **Don't ask, tell**

Don't start your requests with 'Would you like to?' or finish them with 'Okay?'. Instead, make directives clear and succinct. "Your coat is on the floor. I'd like you to pick it up"

### **Insist that your child make eye contact with you when you speak to him**

That way, you prevent your child from ignoring you, while reinforcing what you are trying to communicate.

### **Let your child know that you are not equals**

Parents need to make it clear that they own everything in their home. Kids need to know that you are in charge and that access to all the nice things, such as the computer, video games etc, has to be earned by showing positive behaviour and a good attitude.

### **Set up and explain consequences for misbehaviour ahead of time**

These consequences should involve taking away privileges, such as access to TV, or another favourite activity. Particularly bad conduct, such as hitting, should result in a time-out, in an isolated area.

### **Stick to the consequences, no matter what**

"If your child hits a sibling five times and gets disciplined for it only three times, he knows he's got a 40 percent chance of getting away with that behaviour". A parent has to be 100 percent consistent in addressing bad behaviour. Otherwise the behaviour will persist, or may even get worse.