

Ideas & strategies to help you manage your child's / teen's behaviour

Think of managing your child's behaviour as going into your tool box and pulling out the best tool for the job.

There are many tried and tested tools that we can use, but not all tools will work with every child all of the time. However, one, two or a combination of tools will work with most children, most of the time.

You know your child better than anyone, so try each tool until you find the right one for your child and the situation, to encourage the behaviour you'd like to see less or more of.

Remember to think about the emotion behind your child's behaviour, as this will help you to choose the correct tool and be able to respond in the best way.

To find out more about how to use the 'Tool Kit' and preventative and discipline strategies, join one of our virtual 'Being a Parent' groups that run each and every school term.

Preventative Strategies
(Helps to avoid unwanted behaviour)

Discipline Strategies
(Helps to deal with unwanted behaviour)

Acknowledging & accepting emotions

Ignoring

Communication Styles: Assertive

Rewards

Reflective Listening

Boundaries

Making Time for Ourselves

Saying No

Descriptive Praise

Boundaries

Consequences

Child Led Play

Commands

Stating the Positive

Household Rules

Time Out

Four Part 'I' Statement

Star Charts



Discipline Toolkit

Discipline comes from the word 'disciples', which means to learn & follow.

Discipline provides rules about behaviour and helps children understand what acceptable and unacceptable behaviour is. Our own value system, cultural beliefs and parenting style will determine the rules for our children.

This is a way of passing on our own cultural values.

Children internalise the rules that they live by, and this helps the process of self-discipline, e.g. they decide not to cheat and lie, or complete homework tasks without being told.



All of us need discipline in our everyday life, as do our children. Discipline helps us fit into family life, society and our community.

Please watch the short video which helps to explain the use of the following tools:
<https://www.youtube.com/watch?v=wxadXzOU9P4>

For more information about the support available, please contact the parenting team via email to bsmhft.parenting@nhs.net; by phone on 0121 301 2773; or by finding us on Facebook

