

Ten handy tips for managing a child with behaviour that can be difficult

Catch your child being good whenever you can, and give **praise** either in words or hugs or smiles.

Focus on your child's strengths. Boost your child's confidence by praising and encouraging whenever you can. It's easy for children to feel criticised which makes them feel bad about themselves which makes them behave badly.

Give **positive attention** for behaviours you want to see more of.

Ignore behaviours you want to see less of, whenever you can.

If you can see a tantrum coming, **distract** your child before it happens.

Get attention. When giving instructions, make sure that you have your child's full attention.

Be positive. Tell your child what to do, rather than what not to do.

Make **rules** simple, so your child knows what they are.

Set up routines. Children respond well to routines, because routines make it easier for them to know what they are supposed to do.

Play with the child for ten minutes every evening, following the child's lead.