

## Top Tips to Promote Positive Behaviour

1. **Build a loving relationship**
2. **Focus on the positive:** Provide specific praise that highlights what your child does well. They will be likely to repeat this. Rewards can be useful to support key behaviours e.g. toilet training but the value of a warm hug or valued word should not be underestimated.
3. **Be a positive role model:** Remember children observe and copy the actions and behaviours of those closest to them.
4. **Be realistic:** know that what you are expecting your child to manage is appropriate for their age and capability. Be aware that this changes e.g. when tired or hungry, your child is less likely to manage their feelings as well as at other times.
5. **Make boundaries clear:** discuss them. Have consistent expectations of behaviour related to these.
6. **Reasonable consequences:** These can support understanding of appropriate behaviour. Remember positives MUST outweigh negatives for the child to feel nurtured, valued and to have a positive self- image
7. **Remain calm and in control:** This should prevent escalation.

## Personal, Social & Emotional Development



### *“PSE involves helping children:*

- *to develop a positive sense of themselves, and others*
- *to form positive relationships and develop respect for others*
- *to develop social; to develop social skills and learn how to manage their feelings*
- *to understand appropriate behaviour in groups*
- *to have confidence in their own abilities”*

(DfE, 2017)

### Attachment Matters

Being cared for and loved by sensitive, responsive adults enables secure attachments to develop.

Attachments impact on children's:

- Self-image - how they think about themselves
- Resilience – the ability to overcome challenges
- Relationships – trusting others & making friends
- Confidence - to be curious and play & explore
- Behaviour – ability to regulate emotions
- Academic - short and long term achievements

## Promoting self-confidence

## Helping children learn about & manage feelings

Activity	Top Tips	Learning (DfE, 2013)
<b>Fostering Attachments</b>	Openly show your child love and affection. Be sensitive, consistent & responsive to changing needs 'Tune in' so you understand your child's point of view and can be genuinely empathetic	To trust you and other adults  To separate from you knowing you will return and others will substitute the care they need
<b>Listen &amp; Value</b>	Value your child's input however insignificant it may appear to you. This makes a difference to the child who feels acknowledged and empowered.	Confident to speak to others about own needs, wants, interests and opinions.
<b>Realistic expectations</b>	Allow your child to succeed by providing realistic, consistent boundaries that are clearly explained. Challenge your child within their limits and they are likely to strive to achieve. Too high expectation can mean your child moves to a panic zone that is overwhelming and demotivates	Can describe self in positive terms and talk about abilities
<b>Positive Role Model</b>	Demonstrate your confidence and share times you are unsure – It shows it is okay to feel this way. Children learn how to behave and what to expect from you. Praise your child, children need to hear much more praise than criticism to be confident, strong learners.	Welcomes and values praise for what they have done
<b>The old and the new</b>	Children love repeating positive, familiar experiences, but they need new experiences too.	Explores through play with developing confidence and independence
<b>Exploration and no wrong</b>	Allow children to play freely often. When there are no strict rules and you can't do it wrong e.g. block play, play dough, it allows the child to engage with and increase confidence.	Can select and use activities and resources with help and later growing independence



Activity	Top Tips	Learning (DfE, 2013)
<b>The Language of Emotion</b>	Model the language of emotions to discuss how you feel and to comment on how they and others may be feeling Encourage your child to talk about how they feel. Use visual prompts e.g. simple emoticons, drawing faces, stories to aid understanding	First to express feelings, then identify them, then manage feelings and finally empathise with how others may feel.
<b>6 steps to conflict resolution</b>  (High/Scope, year)	<ol style="list-style-type: none"> <li>1. Approach calmly, stopping any hurtful actions</li> <li>2. Acknowledge your child's feelings</li> <li>3. Gather information</li> <li>4. Re-state the problem</li> <li>5. Ask for ideas for solutions and choose 1 together</li> <li>6. Be prepared to give follow up support</li> </ol>	To negotiate and resolve conflict with increasing independence talk about how they and others show feelings
<b>Puppets, dolls and soft toys</b>	Use puppets and soft toys to model conversations and to encourage your child to talk (it is often easier for them to talk 'through' something else). Use these to address sensitive issues as they arise	Development of empathy Develop an understanding that own actions can affect others Talk about how they and others show feelings
<b>Routines</b>	Try to provide a routine Within the routine allow for calm, quieter times Within the routine ensure children have opportunities to explore sharing Allow children to help where appropriate e.g. making beds.	To feel safe and secure Time to reflect Can take turns and share resources
<b>Use stories, mirrors and photos</b>	Stories often have a moral or a journey of emotion within them. Discuss the feelings and why the characters may have those feelings. Pull faces in the mirror together that reflect emotions and talk about these.	Talk about how they and others show feelings
<b>Pretend Play</b>	Provide opportunities to dress up and act out scenarios - children will have the opportunity to explore feelings and experiences and feel safe to do so.	Talk about how they and others show feelings

## References

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<https://www.skipforeyeducators.co.uk>

