



## Family Learning - Early Years



### Tips for Behaviour

#### Transitions

All children need love, guidance and to have rules and boundaries. Transitions can be hard for children; finishing one thing and starting another. Try giving countdowns, for example 10 minutes until bath time, then 2 minutes, so your child is prepared to stop and move on. Importantly, transition at the stated time.

#### Be Consistent

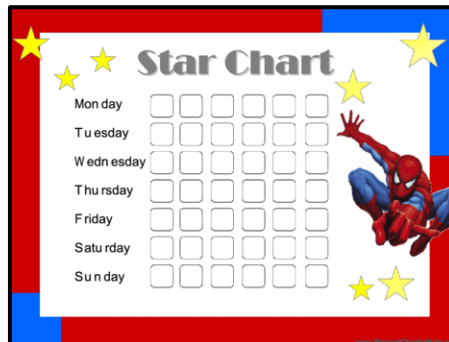
Children need consistency. Try to manage your child's behaviour in the same way each day. All your child's caregivers need to deal with behaviour in the same way. If you make a promise, keep it. If you have implemented a consequence, for example taking away a tablet, stick to it. Mean what you say.

#### Be Positive

Tell your child you're pleased about something they've done. Give them attention, a hug or a smile. If necessary offer rewards for behaving well. Be specific by saying something like "Well done for putting your toys back in the box when I asked you to." Give rewards after your child has done what's been asked, not before.

#### Avoid Smacking

Smacking may stop a child doing something short term, but it doesn't have a lasting positive effect. Children learn by example, so if you're aggressive, your child is more likely to be aggressive. Try to be a positive role model.



#### Sleep

Ensure your 2-5 year old gets enough sleep, around 11-12 hours a night.

#### Attention

Try to give your child more attention when they're behaving well and less attention when they're being difficult. Try to have special one-to-one time with your child each day. For example, chat and read a story before bed.

#### Talk

Talk to your child about why you want them to do something. Children don't have to be able to talk to understand. For example, explain why you want them to hold your hand when you're crossing a road. Give choices, for example say "Do you want peas or broccoli?" so your child feels in control and empowered.

#### Stay Calm

Anger and frustration can build up. It's impossible not to show your irritation but try to stay calm. Talk to friends, other parents, health and education professionals.