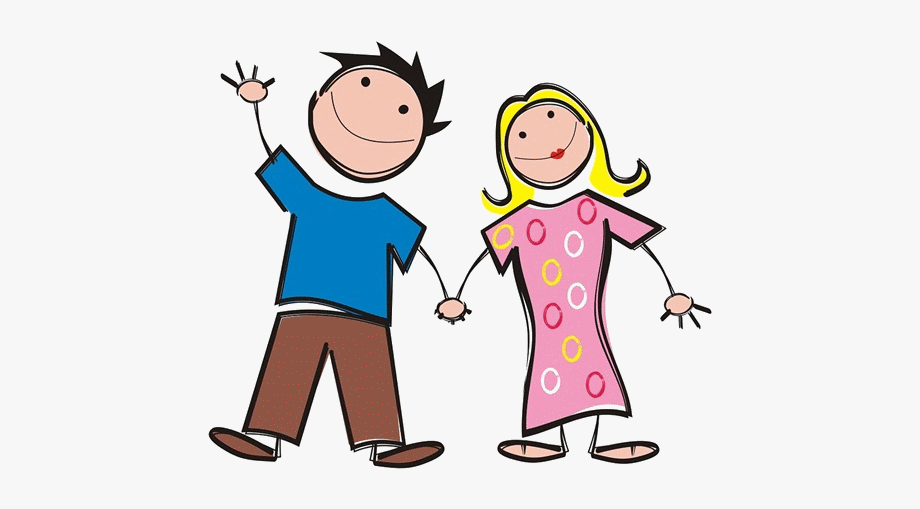
Coping with Kids ABC of Behaviour [](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.netclipart.com%2Fisee%2FJRRxJ_nice-design-ideas-mom-and-dad-clipart-pokemon%2F&psig=AOvVaw1uirWPtKJIDMpd22xX8eP9&ust=1587201238936000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIjSycSP7-gCFQAAAAAdAAAAABAJ)

*Assertive, calm statements*

* *Eye contact*
* *Name*
* *Touch or stand close*
* *Calm positive statement of what you want*

*If Necessary refocus by repeating 3 times. Be prepared for manipulations; Do not back down, be consistent, do not get drawn in to an argument.*

*Be Positive:*

*- Praise 10 things daily*

*- Be specific and genuine, say exactly why you like the behaviour*

*- Reward even the smallest glimmer of positive behaviour*

*- Give attention for quiet behaviour*

*- Use rewards that the children like but they do not have to cost money e.g stay up late, play a game or a smile and a hug*

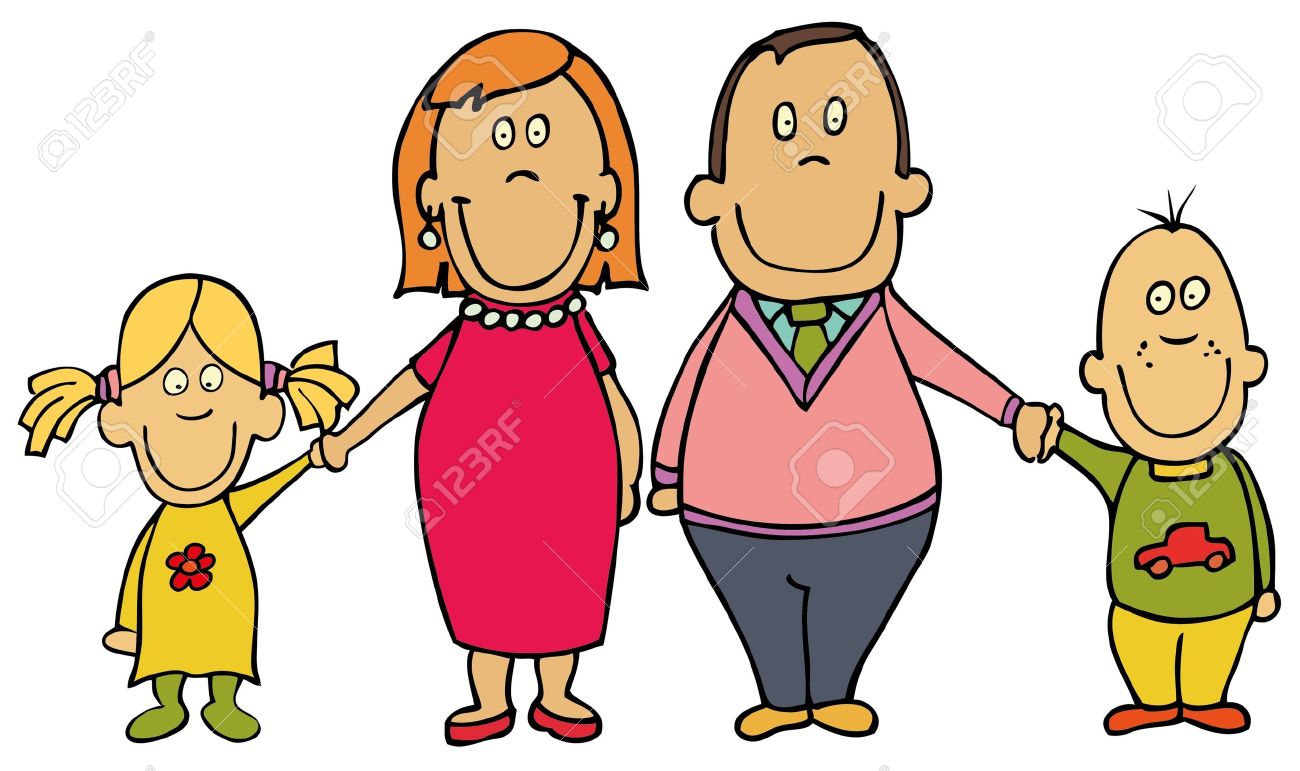
*- Enjoy your children*

*Consistent and Effective consequences*

* *Give as a choice*
* *Something the child does not like*
* *Not physically or psychologically harmful*
* *Related to misbehaviour e.g grounding if they come in late*
* *Given as soon as possible*
* *Use consistently*
* *Matter of fact, calm manner*

TOP TIPS

* Discuss with other family members so everyone is expecting same standards of behaviour
* Try ignoring or distraction for minor ‘naughty’ behaviours
* Work out a Behaviour plan using the ABC guide
* Above all **STAY CALM**

[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.123rf.com%2Fphoto_9774464_happy-cartoon-family-mother-father-and-kids.html&psig=AOvVaw1uirWPtKJIDMpd22xX8eP9&ust=1587201238936000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIjSycSP7-gCFQAAAAAdAAAAABAO)