

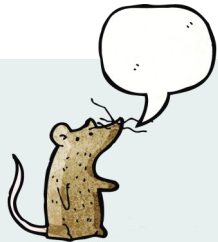
## Getting Support

Most parents struggle with managing their child's behaviour at some time.

You can talk to school staff to see how they can support you.

Talking to other parents at the school may help.

Lots of parents have found parenting courses helpful – find out if there is one happening near you (see Netmums or Care for the Family – details below).



Dealing with challenging behaviour is one of the toughest parts of being a parent or carer but it's much better to get it right now. This will help prevent problems in the future.

Remember, hitting children is not allowed in this country. If anyone thinks you are using physical punishments they have to report it to social services.

## For more information, see ...

### Websites

[www.toddlercalm.co.uk](http://www.toddlercalm.co.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.e-parents.org](http://www.e-parents.org)

[www.familylives.org.uk/advice/toddler-preschool/behaviour/](http://www.familylives.org.uk/advice/toddler-preschool/behaviour/)

[www.netmums.com](http://www.netmums.com)

[www.mumsnet.com](http://www.mumsnet.com)

[www.babycentre.co.uk](http://www.babycentre.co.uk)

[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)



### Books

**Playful Parenting** by Lawrence J Cohen

**Calm Parents. Happy Kids** by Dr Laura Markham

**Happy Children Through Positive Parenting** by Elizabeth Hartley-Brewer

**How to talk so kids will listen and listen so kids will talk** by Adele Faber & Elaine Mazlish



## Tips for parents and carers

# Managing Behaviour



At school, children have to learn and follow new rules.

Together with school you can help your child to behave well and follow rules, which will help them to get on with others and be happy.



Three and four year olds are often challenging.

They are still learning how to behave, and tantrums can be common at this age. They can't always express themselves or get what they want.

Children need to know the limits. It will help them to feel safe.

Be firm but also fair and loving.

Giving in to your children isn't good for them, but neither are very strict rules.

### Managing tantrums

- Stay calm, speak gently, say you know it's hard for them and wait for them to calm down.
- If they keep demanding something, stay quiet and firm and try to ignore them. This may go on for a while—try not to give in.
- After the tantrum's over, cuddle and make up. They need to know you still love them.



## Tantrums

### Preventing tantrums

- Try to **distract** children as much as possible, rather than confronting them. Have **things for them to do** – a toy or a book – or point out something funny or interesting
- **Plan ahead** and talk to them about what is going to happen so they have warning e.g. "You're going to have to stop that game in a few minutes."



Be **very clear** about **what will happen** if they behave badly, and make sure you carry it out.



Have **clear, simple rules** and routines. Stick to them so children know what to expect, and you will have fewer battles.



**Consequences for bad behaviour** could include not watching a TV programme, having a favourite toy taken away or sitting on their own for "thinking time" (no more than a couple of minutes).



It's important to make sure they get enough **sleep** and **healthy food** (not too much **sugar**!)

Children can get very tired after a long school day. They won't behave well if they are tired or hungry.



**Praise good behaviour** all the time. Don't only pay attention when they're doing something wrong!