**Behaviour fact sheet**

**We will be looking at:**

Age related behaviours.

Events that can affect your child’s behaviour.

How to handle difficult behaviour and how to encourage positive behaviour.

How to continue to strengthen your relationship with your child/young person.

**Developmental behaviours**

All children develop at different rates

Some children learn skills faster than others.

The following is a guide only.

**Expected Developmental Behaviours**

**5-7 years**

* Seeks adult approval
* Craves attention
* Easily embarrassed
* Can get very upset easily
* Heightened anxiety and fear of new environments
* Finds it difficult to share
* Afraid of failure
* Start having tantrums again
* Can test limits
* Finds it hard to express emotions gets frustrated or angry
* Can feel misunderstood.

**8-11years**

* Dislike’s change
* Appears not to be listening
* May be unaware of other people’s feelings/Opinions
* Things may be black/white right or wrong
* Push against rules can be disrespectful
* Can be selfish
* Argumentative
* Moody
* Withdrawn
* Pushes boundaries
* Wanting more independence.
* **Adolescents**
* Going through huge brain development changes
* Friends more important than family
* Can get stressed on what their peers think of them
* Can make silly decisions or take part in risky behaviours
* Can be emotionally detached from you
* They will act like your opinion of them does not matter but it does more than ever
* More argumentative
* Wanting more independence
* Will experiment with their image and identity
* Feel under pressure from both school and home
* Can be sexually active
* Sleep cycle will chance

**Children and young people may sometimes**

Lie, steal, have temper tantrums, shout, hit and swear. These are all ways of getting your attention and asking for help.

When you acknowledge that this behaviour is a plea for help you can react in a more constructive way.

* Punishing this behaviour will not help your relationship, although children do need to know what is acceptable and what is not. This is where boundaries and rules come in.
* **Things that can affect your child’s Behaviour**
* It is important to remember the ``Negative’’ behaviour is often a plea for help.
* Any changes in a child’s life can be difficult for them, such as separation of family, bereavement, changing schools and even a fall out with a friend or losing their special toy.
* All can be triggers for negative behaviours as children and young people don’t always have the emotional words and understanding to express themselves.
* It is important to be open about your own emotions, make talking about emotions and feelings part of normal family life. Remember to discuss positive emotions too!!
* It is ok to feel worried or anxious about going somewhere new, it’s about teaching them how to cope in this situation. Sharing ideas to make it work.
* After the event talk about how well it went and how they felt afterwards.

**Routines and Boundaries**

Having **inconsistent routines** and boundaries is very confusing for children and young people.

Schools use rules and boundaries to help children feel secure and this is the same at home.

Being clear and consistent with what is acceptable.

Have rules visible and easy to refer to.

Do not get into arguments and power battles, this will only damage the relationship.

**Building your relationship with your child/young person**

**The following is all suggestions that with help to continue to Build your relationship with your child/young person**

* Have quality time with your child
* Be interested in their interests
* Encourage them to express their emotions/feelings
* Respect and acknowledge their feelings
* Have rules, boundaries, rewards, consequences, and structure in place

**Family meeting**

**Family meetings are good for:**

* Practice communication
* Gives them a chance to express their opinion
* Overcome challenges together
* Reflect on feelings
* Discuss family values/Rules
* Set and share goals
* Have fun and inspire one another
* Appreciate each other
* Feel valued
* Come back and address in a few weeks’ time and adjust if needed

**Children/Young people need guidance to give them security and allows them to feel safe.**

Keep it relaxed and fun.

Rules of the house to be agreed by all, remember to compromise, make them positive and not have too many, 3 is a good amount.

Make them visual and have them on display, so you can refer to them easily.

Discuss get the children involved in their ideas for any:

Any new Routine/ Boundaries

Rewards/incentives

Consequences

Children/Young people need guidance to give them security and allows them to feel safe.

**Routines**

Routines will help to give your child’s life some structure and a sense of security.

Can help children understand time and time management.

Can establish important habits such as self-care and independence.

Can strengthen relationships by having time together.

Use Visual aids this will help your children remember what is expected.

* **Reward the positive behaviours**
* Descriptive praise
* Activity of their choice e.g.
* Read a book
* Watch a DVD
* Trip to the park
* Have a sleep over/friend round
* Small toy
* Go for a bike ride.
* Go Swimming
* Choose what's going to be for dinner/pudding

**Reward the positives**

Quality time with you

Positive comments

Car time - them having the car/you are taking them

Special meal- Pizza or them being allowed to cook

Extended curfew

Extended computer /social media time

A hug / touch

**Ideas for consequences**

* Loss of privilege
* Reduced media time
* No special toiletries
* Reduced pocket money
* Home early
* Have to do a chore around the house
* Don’t threaten something you can’t follow up.
* Time out reflection time.
* Less time gaming/screen time.
* No Playing with friends.
* To ignore some negative behaviours.
* Talking to them.

**Anger**

If your child is angry, it’s important to find out what the underlining problem is as it could be a build-up of small issues that have mounted up.

**Suggestions on how to manage**

It is important that if a child is angry for then to express that emotion in a controlled way.

To do this you could provide the following:

* Bean bag/pillow to hit out at
* Punch bag
* Trampoline to release the energy
* Thera putty/playdough
* Calm down space- Tent with calming activities etc

**Outbursts/meltdowns**

What to do if they have lost it!

It is important that your child knows that it is the behaviour you do not like, not them!

See the behaviour separate to the child.

Keep calm, ignore if safe to do so.

Do not discuss incident, if your child is in the throes of an outburst, they are not listening!

Give your child time to calm down! (Safe space)

Discuss later if the child approaches you and wants to discuss.

If your child wants to talk about it ... Keep it positive, don’t re-ignite the outburst.

**The most important thing you can do for your child is:**

Admit when you have made a mistake

Be the best role model you can be

Have good communication

Allow your child to have a voice.

Work together in good and difficult times