

Want to find out more?

Useful Websites & Organisations

- [www.bbc.co.uk/parenting/your kids](http://www.bbc.co.uk/parenting/your_kids)
sections on different ages
- www.nspcc.org.uk
NSPCC website and helpline
0808 800 5000
- www.e-parents.org
the National Family & Parenting Institute, 020 8424 3460 – has a good list of other websites, books and leaflets for parents who are having a difficult time with their children
- www.raisingkids.co.uk

Helplines, Advice & Information

- Parentlineplus
0808 800 2222
- www.parentlineplus.org.uk
- Manchester Children's Information Service
0800 083 7921
- www.manchester.gov.uk
(follow links for 'Children & Families' or 'Parents')

* In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents

NHS



MANCHESTER CITY COUNCIL

* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

اگر آپ کو یقین اردو میں چاہئے تو چلدرن انفارمیشن سرویس کو 0800 083 7921 پر فون کریں۔

لطفاً برای دریافت این جزوء به زبان فارسی با سرویس اطلاعات کودکان

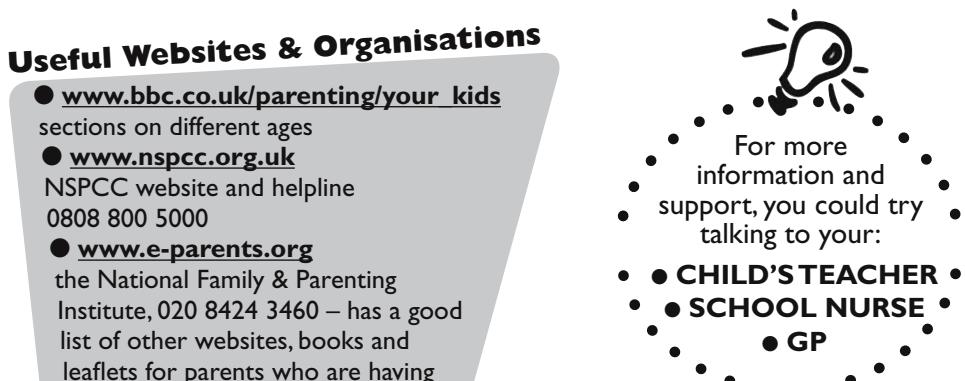
0800 083 7921 (Children's Information Service) نماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই সিফলেটের একটি কপির জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে 0800 083 7921 এই নম্বরে।



Managing Children's Behaviour



Books

Look in your local library.

Two useful ones are:

- **The Incredible Years**
Caroline Webster, Stratton (2006)
- **Beyond Toddlerdom: Every Parents Guide To The 5 -12s**
Christopher Green
(Vermilion 2000)

ایس پرسرے دੀ ਕਾਪੀ ਪੱਜਈ ਵਿਚ ਲੈਣ ਲਈ ਕਿਰਪਾ ਕਰਕੇ ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ ਸਰਵਿਸ ਨੂੰ 0800 083 7921 ਤੋਂ ਫੋਨ ਕਰੋ
للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo af Soomaali ah fadlan telefoon u dir Adeega Warbixinta Caruurta ee 0800 083 7921

Dealing with challenging behaviour is the toughest part of being a parent or carer, but it is your **responsibility** to make sure your children **behave well**.

It will help them **fit in** and be **successful** as well as making other people's lives easier.

Children need to know the **limits** and feel safer when they do

You are in **control**

- be **firm**, but also **fair** and **loving**.

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



- **Giving children plenty of praise, encouragement, time and attention works much better than criticism**

- **REMEMBER:** Getting it **right** now will pay off in the future

- for **you** and for **them**.

NOW is the time to act

- it's much **harder** to

- **improve** behaviour as

- they get older

START WITH YOU!

Be a good role model. Children learn from their parents and they will copy your behaviour. Be fair and say sorry if you are in the wrong

GIVE THEM ATTENTION

- Give children as much love and time as you can. They will work hard to get your attention, so notice and praise them when they behave well
- Listen to your child and make sure you know about any worries that may make their behaviour worse

POSITIVE NOT NEGATIVE

- Praise good behaviour and try to ignore behaviour you don't like. Don't take bad behaviour or rudeness personally
- Use positive commands instead of negative ones (say: 'Hang your coat up' instead of 'Don't leave your coat on the floor')

RULES & ROUTINES

- Have clear, simple rules and limits which are fair and easy for children to understand. Repeat them regularly – and stick to them
- Make sure they get enough sleep and healthy food. Tired or

STAYING IN CONTROL

- Don't get trapped in pointless arguments.
- Say clearly what you want them to do and give your reasons. Try the 'broken record' technique – just repeat calmly what you want
- Try and stay calm. When you shout they get frightened and angry and don't listen properly
- When you criticise bad behaviour, make sure they know you still love them
- Keep a sense of humour and have fun together as a family
- Make time for yourself as well. Talk to friends and other parents if you get stressed

hungry children don't usually behave well. Have clear routines – these help to stop children pushing for changes

- Parenting courses are a friendly and helpful way to get new ideas.
- For details of your nearest course, contact **0800 083 7921**



BATTLES WITH 3-7 YEAR OLDS

- These are most likely to be about:
- Getting dressed, going to bed or eating
- Having sweets or toys or watching TV
- Not going to a friend's house or party



REWARD GOOD BEHAVIOUR

- If they ask for something special, you could make it a reward for good behaviour
- Surprise them with small treats when they've done something good

GROWING UP

- Let children have some control and let them make small choices and decisions for themselves even when they are young
- Accept that they will want more freedom as they grow older. Be prepared to change rules and gradually give them more responsibility

DEALING WITH BAD BEHAVIOUR

- Make sure any punishments:
- Are clear and used consistently
- Happen straightaway
- Do not make your child feel put down

WHAT TO TRY

- Cooling off in own room
- Stopping pocket money
- Taking away a favourite toy
- Doing a household chore
- Clearing up any mess