

Want to find out more?

Useful Websites & Organisations

- 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.



For more
information and
support, you could try
talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP

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)

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਕਿਰਪਾ ਕਰਕੇ 'ਚਿਲਡਰਨ ਇਨਫਾਰਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ 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 faadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ ایفیلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان
(Children's Information Service) به شماره 0800 083 7921 تماس 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 লিফলেটের একটি কপি জন্ম দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET

FOR PARENTS OF **3-11** YEAR OLDS

Managing Children's Behaviour

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**



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

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

BATTLES WITH 8-11 YEAR OLDS

They are most likely to push for:

- Clothes, shoes and backpacks that others have
- More freedom to be with friends at the park or shops
- More money
- Later bedtimes



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