



STRATEGIES FOR CHALLENGING BEHAVIOUR AT HOME





Negative to Positive


One way of dealing with challenging behaviour is to change a negative situation into a positive situation.

If a child is misbehaving, your first priority should be to find out the cause, as we believe there is always a reason behind the way a child is behaving. You can do this by talking to the individual, this can be done by:

- Giving them time to think.
- Sitting down with them, in a different room, and having a chat.
- Talk calmly to the child, so they know you want to help.

A strategy that you can use is the feeling chart, this helps the child think about what they are feeling and what you as an adult can do to help. This strategy should not be rushed and you should give them child time to calm and think about the situation.



Feelings Chart			
Describe		How I feel	What I can do
	5	 I need some help!	
	4	 I'm really upset.	
	3	 I've got a problem.	
	2	 Things are pretty good.	
	1	 Feeling great!	

Preventing a meltdown:

To support a meltdown or misbehaviour from happening there is an emotion chart you can use with your child, so they can identify if they are getting upset about a situation.



If they choose a straight face, a quick response to that will be to have a chat before they get upset and have a meltdown.

Behaviour chart for rewards:



Another strategy you can use is a behaviour chart, which can be personalised to the child's needs. You can use the days of the week or have specific target for you child, for example:

- Tidy your room
- Finish your homework
- Say please and thank you

You can come up with rewards with your child, so it is more effective for them.

My Reward Chart
My name is _____

Monday										
Tuesday										
Wednesday										
Thursday										
Friday										

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If you have already tried these strategies and not succeeded, come and speak to use of alternatives and we can make a plan together.

As you are aware something might work for one child and not another.

If you feel like you want to trial any of these, come and speak to us and we can print out the resources for you.

Feel free to ask any questions or advice on your child's behaviour, we will be happy to help.

