

Using a 'lighter touch'

Sometimes, you may need to use only one or two of these steps.

'Stop!'

On occasion, simply saying 'Stop', may serve as a prompt or reminder for more appropriate behaviour, which your child might commence without further encouragement. This may be especially so with older children.

It is still helpful to notice, encourage and praise children when they 'self-correct', following your 'Stop' prompt or reminder.

'Encourage!'

When you don't need to grab your child's attention, a 'lighter' touch can work. Instead of calling out 'Stop' try diverting or distracting attention; you can do this by:

- Asking a question
- Asking for assistance
- Redirecting to a different activity
- Using humour



'STOP, ENCOURAGE, PRAISE'

These support tactics can take the heat out of the situation, allowing a potentially difficult moment to pass without recourse to confrontation.

"it really works!"



'Handy Hints for Ace-Parents'

- Be clear about how you want your child to behave.
- Be aware of the other pressures that affect their ability to behave properly (tiredness, presence of other children or adults, unfamiliar situations, etc.)
- Take time to think about any pressures that might be influencing your judgement (tiredness, stress levels, presence of others- for example in the supermarket, etc).

- Make sure your child clearly understands what you want them to do.
- Don't jump on every misbehaviour, some can be ignored and picked up later.
- Use encouragement and incentives rather than punishment.
- 'Catch your child being good' (at least five times as often as catching them being naughty).
- Give yourself encouragement for the way you have handled a difficult or challenging time.

Good Luck!



Stop Encourage Praise

Introduction

Parenting is one of life's natural, everyday experiences, that we can see happening all around us. Being a parent can be very satisfying, but it also has its challenges and pressures.

Becoming a parent can change us in all sorts of ways. It brings responsibilities and alters the pattern of our lives. Your family, friends and even strangers look at you differently once you are a parent. Everyone, even bystanders in a supermarket, will have their ideas about what it means to be a good parent.

If our children misbehave it can be a very public event.



Everyday behaviour difficulties

Our children influence our behaviour just as we do theirs. It goes both ways.

Children enrich, yet intrude, upon marriage and relationships. Children affect and alter parents daily routines, schedules and social life.

Raising children means WORK, but they also bring fun into our lives as they share their developing ideas about the way the world works. They remind us of the simpler pleasures that can come from sharing each others company, and doing things as a family.

Being a parent isn't always fun!

Being a parent isn't always fun. We all have our limits, and things can get on top of us, especially when our children misbehave. Even when things are going well, a child can do something unexpected, and it becomes essential that you as the parent take control of the situation. This booklet describes a strategy for managing children's every-day behaviours but also builds and maintains positive relationship between children and parents. Getting it right is about practising simple no-nonsense habits that will help deal

with the practical challenges of managing children's behaviour.

'Stop, Encourage, Praise'

This booklet describes a three part top-tactic for dealing with every-day behaviour difficulties, called, 'Stop, Encourage, Praise'. The booklet will also describe some additional support strategies that complement 'Stop, Encourage, Praise'. Finally, the booklet will list eight 'Handy Hints for Ace-Parents'.

Strategies and tactics that have been practised and are immediately 'to hand' can serve to buy you 'thinking time and space'. Perhaps to think of more creative and specific response that better suits your circumstances. Perhaps to reconsider whether the behaviour really is that troublesome or difficult, or might better be ignored, or dealt with in an easier context - this may often be at home.

'Stop!'

The first step begins by saying or calling out 'Stop!'. This allows you to gain your child's attention, and to gain the initiative. Sometimes a simple 'No' can be effective - or calling out your child's name. On other occasions it may be necessary to intervene directly, to ensure your child's safety and the safety of others.



'Encourage!'

Once your child's attention has, or nearly has been gained, attempt to '**Encourage**' a more acceptable activity. You might **distract** them by drawing their attention to something of interest: **Distract them**

You might be able to divert them to an alternative activity: **Divert them**

However, in all cases you should be encouraging different, more appropriate and positive behaviour.

'Praise!'

Initially, any effort by your child, to do as you ask, should be rewarded with Praise. To begin with, don't expect too much of your child, but build on what you have and keep using the **STOP-ENCOURAGE-PRAISE** habit.

'Stop, Encourage, Praise'