What Is Positive Behaviour?

Positive behaviour management is rewarding and showing attention to a child when they are behaving 'well' or displaying good behaviours, such as sharing, listening or showing patience.

This is an alternative to using sanctions and consequences or only discussing behaviour with a child when they display negative behaviours such as hitting or running away from adults.

Good behaviour is not just about the absence of bad behaviour.

We recognise good behaviour in children who:

- want to learn;
- want to flourish as individuals;
- have a positive attitude towards school, clubs and home life;
- take responsibility;
- embrace intellectual challenge;
- embrace physical challenges;
- show kindness;
- feel encouraged and supported.



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A Guide to Positive Behaviour

Information for Parents and Carers

Where to Begin? The Three Rs

Routines – expectations, consistency and maintenance are key.

Top Tips

- Plan each day with your child over breakfast.
- Have a set bedtime routine.
- Share household chores and have a set time to complete them.

Responses – strategies to deal with behaviour should be in place, both for positive and negative behaviours.

Top Tips

- Use positive language and positive body language to respond to good behaviours.
- Use simple, clear instructions with no ambiguity.
- Use a reward chart for good behaviours.

Relationships – understanding our own behaviour/emotions will help us to help others and understand the circumstances affecting our children.

Top Tips

- Have a sense of humour – look for the positives.
- Be consistent in daily conversations, daily routines, rewards and consequences.
- Spend uninterrupted time communicating with your child every day.

Use positive language to tell the child what behaviours you want them to do. This tells them your clear expectations of how you expect them to behave positively. This means there will be no confusion over how they should be behaving.

Instead of...	Say...
Don't do that.	Do this instead, thank you.
You're being naughty.	Show me how you sit quietly.
Behave!	It's time to walk holding my hand.
Stop it!	Show me that you can do this.
Can you stop screaming?	Use a quieter voice.
There's nothing to be scared of!	Tell me what you're nervous about.



No means...

No! Follow through on any decision with conviction.

This is why it's important to ensure any consequence you present is fair and realistic. For example, 'no tablet for a week' may be a fair consequence that you can carry out (depending on the negative behaviour), rather than 'no screen time for a whole month'.

As tough as it may seem at the time, try not to give in to your child if they are moaning, whining or crying because of your decision. If you do, you may be reinforcing that if they whine and moan, it will change your decision. If necessary, this may mean removing them from situations.

Try to follow up emotional situations with calm discussion afterwards to ensure your child knows what is expected of them and what they were doing wrong.

Yes means...

Yes! Follow through on any decision with conviction.

Always keep promises! If you promise a reward for positive behaviour, follow through with the reward. This means making realistic and do-able decisions on rewards and consequences.

Look for positives in your relationship with your child. As you grow together, you can both look forward to celebrating their successes!