

Use 'when' and not 'if'

Top tips for managing
behaviour



Tell, don't ask!

Make changes in routine explicit.

Tell the child what you do want them to do before, not what you don't want them to do afterwards!

Use 'stop' and 'wait' instead of 'no' and 'not'

Find a motivator – something you know they love. Then you can encourage them to comply with an adult's lead using a 'first this, then this' approach.



Match language to the child's level of understanding. Using words like 'consequences' or 'choice' may confuse rather than help.

Set up expectations before 'trigger' activities. Can everyone win this game? No. Will it still be fun? Yes!

Limit choice and be consistent - never change the options as the child will hold out for a better offer!

Don't negotiate with a non-compliant child