

Hello Parents, here is another weekly tip that might be beneficial to you during this time that both you and your child/children are at home.

Keeping It Positive:

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!". But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

We could say, Let's read a book or look at family pictures

Make drawings with crayons or pencils

Dance to music or sing songs

Do a chore together – make cleaning and cooking a game

Help with school work

Say the Behaviour You Want to See:

Use positive words when telling your child what to do; like "Please put your clothes away" instead of "Don't make a mess".

Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice, Listen to them, look at them, express that you are grateful for them.

Praise your Child when they are Behaving well:

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care about the things they do, give them a hug.

Get Real:

Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call, and when you allocate activities that are interesting, calming and fun to do at home.eg. Stacking cups or blocks, make music with pots and spoons.

Help your Teen stay Connected:

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, Find community interesting virtual programs that suites there age group and that there other friends are joining in as well. Talk about something they like: eg, sports, music, celebrities, friends.

Cook a favorite meal together, exercise together to their favorite music, it's a great way to stay positive, make it a parent child effort.