



Behaviour Tips for Parents - Pre-Toddlers to Teens

Pre-Toddlers and Toddlers – As soon as babies begin to crawl and explore their world, parents can begin to use some of the following suggestions to teach, develop and promote positive behaviours:

- Trade – Substitute another toy or object for the one the child should not be playing with.
- Take Action – Tell the child “no” only one time, and then start moving in the direction of the child. Children know how many times you will say no or call their name before you get serious and start moving towards them.
- Distract – Anticipate situations that might cause problems. Redirect the child’s attention to something else.

Pre-Schoolers to Teens – As children mature, there are additional ways to help encourage positive behaviours:

- Praise Good Behaviour – Parents often only catch children doing things that are naughty. Be on the lookout for good behaviour. Remember to offer praise (even for attempts).
- Reward Behaviour You Want To See Repeated – Remember that rewards can be verbal, a hug and a kiss; older children may respond better to a sticker or a special outing. Remember not to “over” reward – the reward should match the success.
- Let Your Child Know What Behaviour Is Unacceptable – If your child is not behaving according to the rules, do something about it right away. Take the time to stop the car, stop your shopping, or whatever else you are doing. Then, help your child understand what is acceptable and what is not.
- Try Different Methods Of Discipline Other Than Punishment – Punishment is the least-effective long-term type of discipline. If you can change the behaviour of your child in a positive way, it will have a longer-lasting effect.