

Challenging or aggressive **BEHAVIOUR**

ANGER

Anger is a feeling, it's normal and natural to feel angry at times and the feeling itself is neither right nor wrong. All children have moments when they lash out in anger by swearing, shouting, throwing or kicking objects.

There are times when the aggression they show can seem particularly frightening and out of control. Children may be seeking attention or it could be they are experiencing hormonal mood swings.

It's what we do with anger that can do damage: Avoid shouting at our child because we have had a bad day...

Be positive and praise them when they do well! Blaming, shaming, or punishing children can make them feel worse about themselves and more aggressive.

Anger is the tip of the iceberg; there are many other feelings underneath anger, such as fear, sadness, worry and frustration. Understanding these feelings helps us understand our needs. It is not always obvious what the driving force is behind your child's aggressive behaviour, so remember they may be struggling to manage other emotions.

Challenging or aggressive **BEHAVIOUR**

ANGER (CONTD)

Help them learn how to manage their aggressive behaviour, encourage them to say how they feel.

We can express anger safely and effectively; **Stop**, **Think**, **Speak**

Stop - Recognise the warning signs in your body

Think - What's going on and how am I feeling?

Speak - When you have identified how you feel and what you need, tell your child in clear direct language

It can be frightening for a child when they feel so angry and out of control. Keep them safe and help to calm the situation: lower your voice, instead of shouting, and look them in the eye.

It might not be easy for them to open up straight away and you may have to keep approaching them gently until they can open up. It is important to try and set some time aside to find out if they are struggling to manage and understand their anger and emotions.

Anger is often a response to not getting some needs met; Acceptance, appreciation and independence. We cannot meet needs all of the time but you can let them know that you love them very much and you are there for them.

Managing **BEHAVIOUR**

CHILDREN NEED CLEAR BOUNDARIES

Disciplining children from an early age we provide them with the opportunity of understanding our values as well as what is expected of them

Discipline is not about punishment

Helping children to understand what is right and wrong whilst creating a secure place from which to experiment and learn about life

If discipline has not been part of a child's life from the start it can still be implemented

Be consistent in your approach to discipline, this will create greater security for your child

Increase the amount of praise you give your child and reduce the use of criticism and negative commands

Gain your children's cooperation, leading to a more positive relationship

LISTENING TO YOUR CHILD

This is the greatest gift we can give a child, it demonstrates love and respect
It teaches them to behave towards others in the same way

Listening helps to create a confident child who is valued and values others

Listening to our child builds self-esteem and helps sort out problems and upsets

Managing **BEHAVIOUR**

SHOUTING

There probably isn't anyone who is part of a family who hasn't resorted to shouting from time to time, when voices are raised so are emotions...and none of you can hear each other

If shouting occurs, back off and create some space for you both

Discuss the situation again when both parties are calm

Negotiate if possible, if negotiation is out of the question then be quietly assertive and explain your reasons

SMACKING

Adults may smack children under their care in anger or frustration and report feelings of guilt afterwards and how they felt they lost control

As children learn and model behavior from those around them, hitting a child might teach the child that violence is acceptable

Parenting is a very difficult job, and we know that many parents want to find alternative approaches to discipline rather than smacking

Set limits by replacing smacking and harsh discipline with non-violent discipline techniques and increase for monitoring positive behaviours from children

Positive **BEHAVIOUR** strategies

POSITIVE STRATEGIES TO USE

Praise positive behavior. Being specific and ignoring minor naughtiness will encourage a child to seek positive attention

Star charts and rewards help teach your child the concept of delayed gratification... but avoid rewarding with food!

Time out and withdrawal of privileges; as a last resort, give one minute 'Time out' for each year of life up to five years old, add one minute for every minute your child is shouting etc.... "It's tough but you can do it!"

For older children withdraw a specific privilege (toys, iPad, phone) but remember to be realistic

Be firm when saying 'no' but listen and acknowledge your child's view

Be prepared to repeat the process calmly and firmly until your child understands

Acknowledge feelings, ask yourself: 'What's going on for my child?'

Children learn by example, so be a good role model. You can't expect them to tidy up their toys if you leave your stuff lying around

Ask for what you want rather than for what you don't want. Children will not hear the word 'Don't'

Positive **BEHAVIOUR** strategies

POSITIVE STRATEGIES... (CONTD)

Give your child choices but not too many, approximately two choices which will both achieve the same outcome for both

Avoid putting your child in a 'command storm' - if you give too many commands, they will only remember the first and last

Negotiate boundaries and rules with teenagers to ensure they have a private space and some control

SIBLING RIVALRY

It is natural for children to argue and fall out with each other and often on a regular basis

Siblings can help to map out the way they will socialize and deal with disagreements when they grow up

Focus on positive **BEHAVIOUR**

IGNORE...?

Whining & nagging

Pulling clothes

Messing around

Crying for attention

Stamping feet

Slamming & banging

Shouting & screaming

STAYING CALM

Read a book or magazine

Have a bath

Do some exercise

Go for a walk

Phone a friend

Practice mindfulness

Do housework (if it helps)

POSITIVITY

'I can do this'

'It will be over soon'

'It's not personal'

'Keep going!'

'I'm not on my own'

'I'm helping them learn'

BENEFITS OF IGNORING

Behaviours will stop if you are consistent

Avoid getting wound up, helps to calm situations

A happier household and positive atmosphere

Helps you and your child improve patience

Parents are in control

Better behaviour from the child

Child learns positive behaviour gets attention

Respectful children

BARRIERS

Lengthy process...

Can be hard!

Can be tiring!

Can be a battle!

Other family members?

Influence of others?

Easy to give in!

Can get worse before it gets better!

Focus on positive **BEHAVIOUR**

WHEN IGNORING OR NEGOTIATING:

Try to negotiate with your child first

It is important to stay calm

Ignore unwanted behaviours

Give clear instructions of your expectations and then ignore

Praise good behaviour immediately

Don't give up

Try distraction first

Don't make eye contact

Avoid telling them you are ignoring them - that's not ignoring!

Maintain a calm tone of voice

Don't make a scene

Work together as a team with other family members

Don't be afraid to ask for help or support

The fewer words you use, the clearer you will be

Be firm but fair

Use ignoring techniques consistently and appropriately

Parenting **REMINDERS**

LOOKING AFTER YOURSELF

Giving all day can leave us running on empty

We need to recharge to have something to give

Recharging is good for you and your family

Examining behaviour helps us understand it

Don't lose confidence in your parenting!

ACT, DON'T REACT

Stop: What's going on for me?
How am I feeling?

Wait: What's going on for my
child? How are they feeling?

Go: What can I say or do to
help both of us?

USEFUL RESOURCES

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://www.familylives.org.uk/advice/primary/behaviour>

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/>

<https://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>

<https://www.familylives.org.uk/advice/primary/behaviour/>

<https://solihullapproachparenting.com>

Parenting **REMINDERS**

SOME TIPS TO KEEP IN MIND...

We are our children's role models

Catch them being good

Think before you speak

Give respect to receive respect

Ignore the negatives and praise the positives

If you see your child being good - say so!

Praise effort - you don't need perfection

Without rules and boundaries it's no fun

Arguing reinforces the argument

Don't be the trigger - ignore negative behaviour

Don't offer too many choices

Keep it simple

If it can't be changed then learn to deal with it

Think about solutions, rather than problems

Praising small things can make a big difference

Be specific in your praise

Reward good behaviour immediately... but don't reward with food!

When you talk about your child, let them hear something good