

DISCIPLINE TIPS AND TECHNIQUES

STRATEGIES FOR DEALING WITH NON-COMPLIANT BEHAVIOUR....

- Try to identify areas where difficulties are typically encountered and plan ways to handle the situation before a problem develops
- Make directions clear and simple. Important messages should be delivered in few sentences and with clear, direct language. Give one to two directions at a time so as to not overwhelm the child.
- Offer your child a chance to have some control by providing opportunities to make simple choices, such as "would you rather carry the dishes to the sink or collect the cups from the table?"
- Give your child enough time to comply by waiting a few seconds in silence. Don't rush to give an instruction a second time until you see clearly that your child is not going to obey your request
- Avoid nagging and talking to your child like a 'little adult'. Children tend to lose focus when you try to explain your point in great detail. Keep it simple.
- Make rules extremely clear and be consistent. Children with behavioural difficulties need to be provided with very clear expectations surrounding appropriate behaviour, and be warned in advance of the negative consequences that will follow. For example, a good, clear expectation and consequence is: You hit, you sit.
- Negative consequences function to decrease the unwanted behaviour, meaning such a punishment is disliked by the child. Positive consequences should also be used when your child makes good decisions and these include praise, affection, a privledge earned, etc.

