



10 Golden Rules

To encourage Positive Behaviour

The Play Doctors

ALWAYS TAKE A PERSON CENTRED APPROACH

We cannot always use the same techniques for each child. We have to keep the same rules and boundaries so each child in the setting recognises what is appropriate or inappropriate behaviour, however we need to adapt our approach to behaviour management to ensure it is right for each individual child or young person. Consider the child's personal learning style. Many children have visual or kinetic learning styles rather than audio. Yet often we approach a situation using our voice, asking the child to listen what we say. A child who is stressed will have even more difficulty processing what is being said.

Consider how you can use visual or kinetic tools to support your message*.

1. Identify what the communication behind the behaviour is saying
2. Remain calm, do not escalate the situation by becoming angry/aggressive or by raising your voice
3. Give clear boundaries, use visual structure when appropriate
4. Use clear and concise language, give the child time to respond
5. Use a stimuli sterile environment for time out
6. Give praise where praise is due (ensure praise is appropriate to individual some children respond better to tangible praise rather than verbal social praise)
7. Do not assume, do not judge on past experiences
8. Put in methods/techniques as a preventative measure
9. Use a consistent approach. Does the child understand the consequences of the behaviour?
10. Set realistic and achievable goals



Further information on this is available from: Let's make more smiles – Encouraging Positive Behaviour written by Wendy Usher published by The Play Doctors.

