

## The Thanks, not Please

Name .... Instruction ...  
Thanks”



Say please too often and you may sound like you are pleading! Try:  
“name ... Instruction ... thanks”

[Christine is fiddling with a toy]

“Christina, in your pocket ...  
Thanks.”

[Billy has arrived wearing a hat]

“Billy, hat off ....Thanks.”

[Alfred is calling out]

“Sit up and wait, thanks”

The thanks implies you expect the child to comply.

## The Never Say No

“Yes, as soon as ...”



Sometimes we have to say “No” but for those other occasions, try this

“Yes, as soon as you have ...”

“Can I play in the garden?”

“Yes, as soon as you’ve finished your reading.”

Or

“Can I go on the computer?”

“Yes, as soon as you’ve finished your dinner.”

## SUPER STRATEGIES To Help You with Behaviour Management At Home!



We regularly have behaviour management training at school and thought.....

The strategies we use at school might be of use to you at home too.

## Tactical Ignoring

### The “I can’t hear or see you!”



Tactical ignoring is choosing not to attend to an unwanted behaviour. [Child calling out]

“Mum, Mum!” [Adult ignores]

“Thank you for sitting nicely”

“Remember everyone who sits nicely gets attention at meal - times”

[Immediately attend to child as soon as they sit up nicely]

## The Nice and Nice

### Win-win choices



[Your child is reluctant to start their homework]

“Are you going to use the red or the blue pencil?”

“Where are you going to sit, on the chair or on the mat?”

“Shall we start with question one or question two?” It is up to you!”

“Are you going to tidy your room on your own or do you want some help as I can

## The Nice and Nasty

### Either ... Or ...



[Using matter of fact, non-emotive tone of voice]

“Either it’s finished now or it will have to be finished after lunchtime.”

“Your bedroom will need to be tidied up now, or during tv / i-Pad time”