



## Positive Behaviour

To support positive behaviour, it is important to set boundaries and expectations. It is key for everyone to follow these expectations – adults and children.

With clear boundaries and expectations, children learn what is acceptable. They learn self-control and feel safe because they know what to expect.

### Setting boundaries:

- Name your expectation
- Make sure everyone knows the expectation
- Keep it brief – it will be easier to remember!
- Stay consistent
- Continue to remind everyone of the expectations

Being utterly clear in your expectations, will make it easier to praise the behaviour you want to see and issue consequences when behaviour falls below the expectation.

### Example of boundaries:

- Going to bed at the same time each night
- Setting a time limit for screen time i.e. phone, tablet, iPad, TV etc.
- Using kind words to each other

### Recognising positive behaviour:

Remember to praise the behaviours you want to see. You could try:

- A thumbs up, smile, high five, a pat on the back or hug
- Saying 'well done' or 'great effort' or 'wow!'
- Saying 'thank you for...'

When a child receives praise, they are more likely to do it again.

### Top Tips!

- Be absolutely relentless in your positivity
- Avoid material rewards for what you expect to see
- Try not to use bribery or negotiations to achieve your expectation. For example, 'if you go to bed now, you can stay up later tomorrow.'

