

# SUPPORT FOR BEHAVIOUR THAT NEEDS TO BE CHANGED

Please use this information alongside the attached documents: -

- **Child and Parent Agreement**
- **Tokens and Rewards**
- **Family Communication Box**

- ❖ What behaviour do you want to try to change? - one at a time.
- ❖ When does this behaviour occur and why?
- ❖ What is your child gaining?
- ❖ What do you normally do when this behaviour occurs?

Choose a behaviour that is observable and not an assumption of what your child may be doing. Think about, "What is my son/daughter gaining by displaying this behaviour".

For Example: -

- Having a temper tantrum before bedtime may mean your child has been able to stay up later, which is what they were aiming for. You choose to take away a favourite toy or a treat.
- Acting out anger and frustration in the presence of other family members or friends to gain your attention or to stop you from having a night out. You choose to take away a favourite toy or a treat.

It is possible that you are spending a lot of time managing the negative behaviour and that you are following a regular pattern of behaviour, consequence (adult given - what the child loses from the behaviour), reward (what the child gains from the behaviour).

Sometimes the reward is just a familiar pattern which, although negative is reassuring and safe because it is always the same - it is predictable and the child is in control.

## **Reframing**

Focus on desired behaviour and create a reward system for these. Name the desired character habit.

- Fantastic **independence**- you got yourself dressed without a reminder
- Super **listening**- you cleaned your teeth as soon as I asked/ turned the TV off etc
- Great **organisation**- you got all your equipment and clothes ready
- Amazing **concentration**- you got all your homework done

## Never take earned tokens away.

Earned tokens are traded for a reward something that matters to your child.

Eg: 1 token = 1 minute of screen time

Remember the consequence of not doing is no reward it is not necessary to threaten to take away or to take away anything else.

If your child chooses to have a melt down calmly allow them to do something different to your usual response. Pick up a book and read it, put some music on and sing along - ignore the behaviour but supervise and appear to be engrossed in something else.

If your child chooses not to do homework we will not judge you - your child will have to manage the consequences in school of not doing.

## **After the behaviour has stopped and your child is doing something else.**

Approach your child at the same level by sitting on a chair or kneeling down but respecting their personal space. (It is better if one parent deals with this but try to be united in keeping to the rules and sharing the responsibility)

Acknowledge their anger but say how this behaviour is not acceptable and how this has upset his /her siblings or mummy and daddy and ask for an apology.

Apologise if you feel that you made a mistake.

## **Communication**

See information and set up a Child and Parent Agreement

1. Be clear about tasks you expect your child to complete and keep them manageable
2. Give a time that you expect them to complete their task
3. Keep your tone of voice firm but calm – I need you to..... Thank you.
4. Try not to shout as this means you are not listening to each other and you are giving them permission to shout too.
5. Avoid repeating yourself when asking for the task to be done
6. Avoid answering your child's questions about changing the rules or tasks and say this will be discussed in the next family meeting. Ask your child to write down their questions a piece of paper and put it in the family communication box.
7. Put your agreement, rules or tasks on a board in the kitchen or on the fridge - link to the reward system
8. Make time for a family discussion every week and talk about how things are going but only change the contract or tasks if you feel it will have a more positive outcome and try to encourage your child to agree with this.
9. Show your feelings and encourage your child.
10. Show them when you are pleased with hugs and kisses when reassuring your child or celebrating what they have achieved.

## CHILD AND PARENT AGREEMENT

Below is an example of an agreement that could be made between children and parents to assist with certain behaviour issues. \*Tokens to be earned for a reward could be Pasta, Stars, Points or anything you agree with your child.

(Child's name)..... agrees to do the following (**examples only, insert your own behaviours**) for the points agreed: -

1. Tidy his/her bedroom on (days) and he/she will receive one \*token each time and two \*tokens if the bedroom is tidied for one week.
2. Read his/her story book with parents after school on (days) and will receive one \*token per reading and two \*tokens for completing a reading week.
3. Go to bed to sleep at (time) every night and stays in his/her bedroom and will receive 4 \*tokens per week and 5 bonus \*tokens for going bed on time all week.
4. Agrees to go to his/her bedroom to calm down if he/she feels angry. After apologising will write on a piece of paper why he/she feels angry and places this in the communication box. Will receive 2 \*tokens for doing this and 6 bonus \*tokens for calming his/her self down for a week.
5. Agrees not to shout or hit or kick but will go to his/her bedroom to calm down. Will apologise when he/she has calmed down before receiving 2 \*tokens and will receive 6 bonus \*tokens at the end of one week if there has been no shouting, hitting or kicking.

- Parents agree that the \*tokens will be given when the agreed tasks are completed and agree that can have a reward when the target number of tokens has been reached.
- Parents will and encourage and praise throughout the tasks set.
- If school work e.g. spellings/reading/tables has been agreed parents agree to take in turns to support and to plan in advance to fit in with parent's work schedule.
- Parents agree that the \*tokens cannot be taken back, but no \*tokens will be added if the behaviour continues.

Child's Name.....Signature .....

Parents Name .....Signature .....

Date.....

## **TOKEN AND REWARDS**

Think of a reward that is realistic and think of how many tokens are needed to gain these rewards.

**Tokens** to be earned for a reward could be for example: Pasta, Stars, Points or anything you agree with your child.

Try not to make this too easy for your child but then again not too difficult as this may cause them to become frustrated and to feel it's a goal not worth working for.

**Rewards** can be discussed and agreed in the weekly family discussion.

For example:

1. Having more time on the ipad or x-box at weekends.
2. Going to bed a little later at the weekends
3. Watching a DVD
4. Going swimming
5. Going to the cinema
6. Making cakes
7. Family day out
8. Sweets
9. Having friends around for tea
10. Buying a magazine or toy
11. Going bowling or indoor play area.
12. Going to the park

The family can agree what tokens are needed to gain these rewards.

Try to keep to the rules on gaining tokens and not losing them if their behaviour is negative as this may stop your child from trying.

Remember not to take away tokens but do not add any on if your child does not complete their task.

**Most importantly be consistent with your rules, tasks and family meetings and keep united as parents in making these family decisions.**

## **FAMILY COMMUNICATION BOX - How to set up and Ground Rules**

### **Lets talk about it, Let's change it! Because it hurts.**

Find a box e.g. shoe box/biscuit tin where you can safely place your message inside until you have your weekly family meeting.

Choose a time when you can all sit together once a week for 30 minutes or up to one hour and discuss the messages in the box. These messages may be about the reward system or anything else that you think is important to discuss.

At the meeting pick out the slip of paper you have written on, something that you need to share, something that is important to you. Everyone must write their own notes and place them in the box. Everyone can read out their own notes in turn to the family members.

Give each family member time to respond to what has been said. This could be something that a family member or members are doing that is upsetting you or it is resulting in you feel, angry, sad or lonely.

This could also be a positive request for more quality time together as a family or more time to help with chores or homework. There could be a behaviour that you would like to change yourself or feel a family member needs to change.

You must end the session by saying one thing about how you value and praise your family members.

### **Remember to respect each other and keep to these rules**

- The family are required to speak honestly and openly.
- The family are required to respect each other's needs.
- The family are required not to talk over each other.
- Give each other time to speak and allow a space for others to think about what has been said.
- Do not shout, scream or point at each other at any time.
- Do not hit each other or walk away.
- Do not laugh and make fun of each other.
- Listen to each other – no phones or other devices.
- Try to look at each other when you are speaking.
- Do not swear and take responsibility for yourself, set a good example.

### **Time**

Give yourself time to think about what has been said in between the family meetings. You could write down or draw how you feel in a weekly diary.

### **Other Ground rules**

- Keep mobile phones switched off and do not answer the door or telephone.
- Do not peep in the box in between family meetings.
- If the family cannot agree or compromise of one of the requests, then put it back in the box and discuss this next week.
- If it becomes too difficult to come to a family agreement then leave the message in the box saying how you feel and discuss this in the next meeting.