

Behaviour

We are happy to model techniques that may be helpful in our Play and Learn sessions.

Please know that you can ask us for help at anytime.



Beacon Heath Children's Centre

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Mob:
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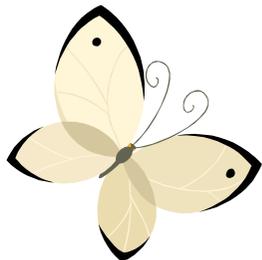
Whipton Children's Centre

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Heavitree & Polsloe Children's Centre

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www.surestartexeter.org.uk



Small children will do anything to get your attention. That's why it is so important to praise them when they're behaving well.

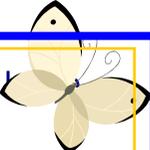


Sure Start Children's Centres
Beacon Heath, Heavitree & Polsloe & Whipton

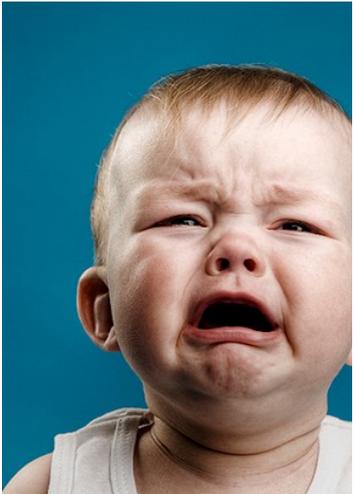
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All children throw tantrums and all parents have experienced them so don't worry! It is completely normal for small children to seem to want to do the opposite of what you want them to do. They just don't understand your rules. Toddlers want to express themselves but find it difficult to make themselves understood and this makes them frustrated. This is because they are still developing higher brain function which would allow them to reason and problem solve. Currently they are only capable of an emotional response.



Tantrums may be embarrassing for you but they are traumatic for your child. They are often left feeling exhausted and very unhappy. Try to hug and make up as soon as possible.

What to do....

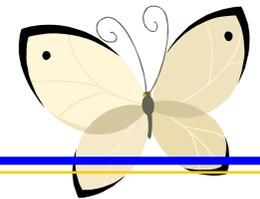
Ignore the looks you get from people around you and concentrate on staying calm. Talk in a soothing voice showing your child that this behaviour is not having an affect on you. Validate their feelings to support their emotional understanding

This is a very important thing for them to learn. Wait until your child is calm before you try to reason with them. If possible move the child away from the situation. Distract them by making your voice sound as surprised and interested as you can and directing their attention away from the trigger. Give children opportunities to let their feelings out - Find a big space and encourage your child to run and shout! Don't forget to join in to show them that it is ok to make a noise!

Choices

Young children have very little control over their day. They are given many instructions and often told 'No!' They want to explore and investigate but don't see the danger. They are happily playing and then made to stop because you have something for them to do. Children cope much better if they are given some time to finish what they are playing. 'When you have finished building that sand castle then we are going in the car to get some food.' By giving them choices you can make them feel more independent and reduce the frustration they feel when they are told to do something.

Offer choices wherever possible e.g. 'Are you going to wear your red jumper or green top today?' 'Milk or water?' 'Would you like to go to the library or the beach?'



Give your child lots of attention when they are playing well. (The temptation is to use this time to get jobs done - but try to resist this.)

Sit down on the floor with them and join in with what they are doing by following their lead. Smile and give them lots of praise by saying things like 'That was clever—the way you put the car in that box' or 'That's really good—you have been playing with that for a long time...'

When children realise that this behaviour gets them lots of attention and makes you happy they will try to repeat that behaviour.