

Parents' tip sheet:
supporting positive behaviour at home.

You can use the following strategies to reinforce positive behaviour at home.

- Listen to your child.
- Be firm, consistent and kind.
- Resist arguing over small things.
- Clearly describe your limits and tolerance level.
- Assign chores so your child has real opportunities to contribute.
- Help your child organize his or her belongings.
- Agree on a signal you can use to let your child know his or her behaviour is not acceptable.
- Be sure to reinforce your child when he or she does the right thing.
- Establish a regular family discussion time such as the evening meal, when everyone has a chance to talk about their day.
- Appeal to your child's sense of fair play.
- Establish a regular homework time and a regular bedtime.
- Make sure your child eats a healthy breakfast.
- Read stories with your child and discuss how the characters solve problems in positive ways.