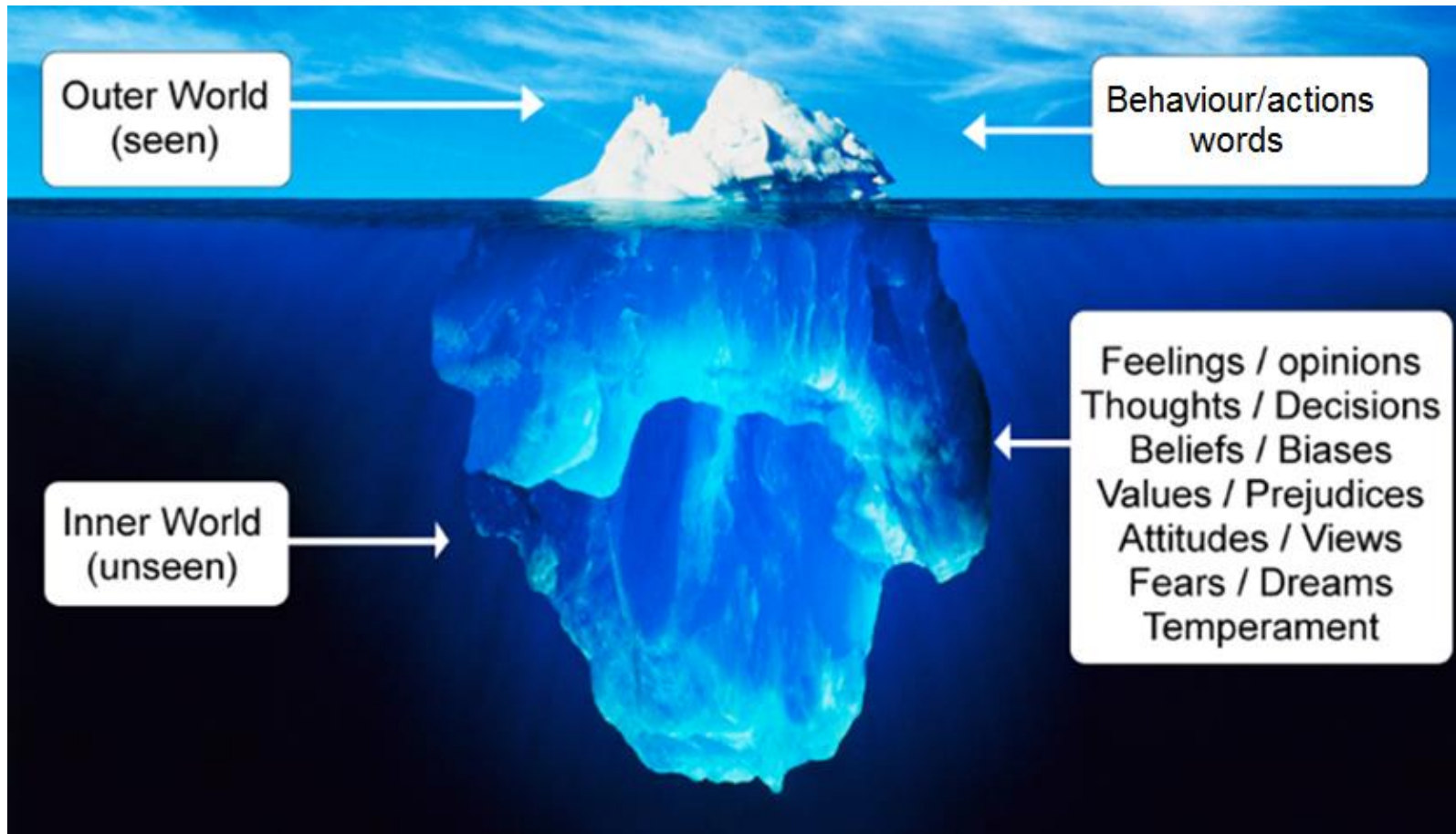

Positive Behaviour Management

Hilary Nunns

-
- Recognise the causes and triggers of tricky behaviour
 - Confidently use a number of techniques to deal with oppositional behaviour
 - Choosing the strategies that work for you
 - Teenagers!

Myth





Causes and triggers of poor behaviour

Long term causes of poor behaviour:

Lack of confidence and self worth	Cognitive ability	Poor social skills	Emotional difficulties	Poor communication skills
Family relationships	Physiological ie being malnourished	Psychological ie attention deficit disorder	Neighbourhood	

Short term triggers of poor behaviour:

Boredom	Lack of skills to complete a specific task	Perceptions of injustice	Not being listened to	Failure to understand an instruction
Having personal possessions taken or destroyed	Being shouted at	Tiredness	Being bullied	

This is one of the Most Powerful Images I've ever Seen. Study it & Clean up your Act for the Sake of Your Children. Their Minds are Fragile, their Emotions run Deep...Don't destroy them Mentally because Words...you can Never Take Back.



what we see
thoughts what lies
feelings beneath
AGES trauma

"it must be hard."
"You find them/it..."
"I can understand how upset you are"



"Oops - I got that wrong, sorry"
"Can I join in?"
"Let's skip / dance go crazy"



Listen until they **STOP**
animated ✓
not agitated x

empathy



snap



nibbles and
bubbles.co.uk
@emmaiguiton

P.A.C.E. yourself



acceptance



curiosity



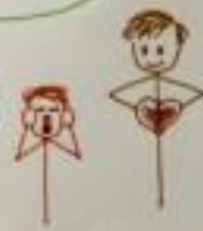
"You are okay that behaviour is not"
"I can see why you might think that"

"I wonder..."
"Tell me about that"
"What do you want / think / feel..."

prepare to be influenced



unconditional positive regard



Use positive language “Don’t into Do”

Don’t do that

Don’t argue

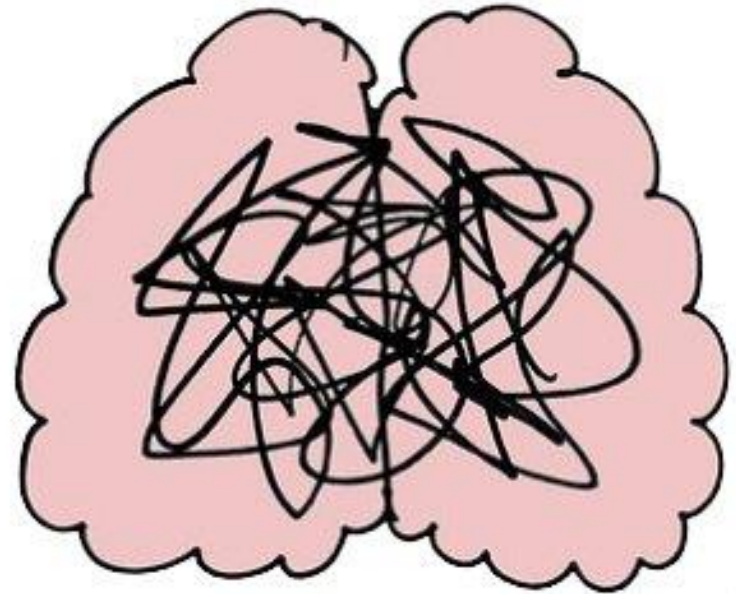
Don’t say that

Don’t lie

ROUTINE



NO ROUTINE



Keeping routines

- ❑ Breaking routines can show weakness and some see it as the green light to break other rules/routines
- ❑ Changing routines can lead to anxiety outbursts, and lowers the adherence spectrum

Check your own approaches

- Encourage a **problem-solving** approach rather than a judgmental one
- Be **assertive**, avoiding sarcasm and anger



EXPECTED ATTITUDE IS ALWAYS 100%

A	T	T	I	T	U	D	E
1	20	20	9	20	21	4	5



**WHAT'S IN IT
FOR ME?**

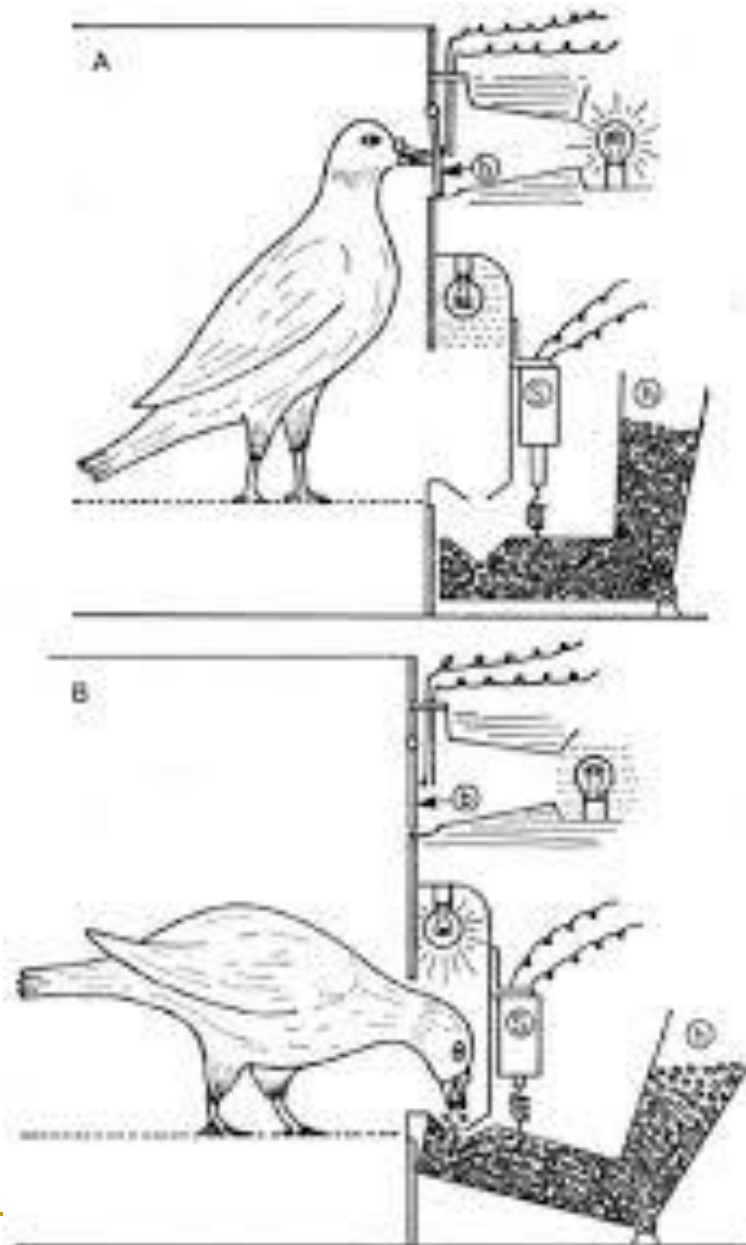
Skinner – Operant Conditioning

In 1938 a behavioural psychologist B.F. Skinner coined the term **operant conditioning**



Operant Conditioning means roughly changing behaviour by the use of ‘reinforcement’, to increase the probability of a behaviour being repeated.





When you have the desired response, you reinforce it with a reward.

So you'll often hear of behaviour experts recommending 'ignoring the negative behaviour and praising the positive behaviour'.

“Positive reinforcement”

Ways to easily positively reinforce

When

Then

Example: **When** we've stopped arguing,
then we can sort this out

When – Then

- **When** you've tidied everything away, **Then** you can have half an hour on the laptop
- **When** all your homework is finished properly, **Then** you can have (your choice of reward)

Give choices – ‘we need’

- We need the homework finished. You can either start it now or at 6pm. Your choice.
- We need to get your room tidy, you can either hang the clothes or make the bed. Your choice.
- We need this room to be quiet (sitting room?), either keep the noise down or move to, thanks

Use subtle demands

■ Direct Demands:

- “Brush your hair”
- “Clean your teeth”
- “Put your shoes on”
- “Sit down”

■ Subtle Demands:

- “Let’s watch TV”
- “We need to leave for school now”
- “Let’s eat some lunch now”
- “We need to pop to the shops quickly”



Things that help with behaviour

- Stick to the facts, not opinions
- Use constructive criticism and problem-solving phrases
- Tell your child what they should be doing
- Remind

Is a nod as good as
a wink?

If at first you don't succeed:

- Step 1 – strategy
- Step 2 – remind
- Step 3 – It's important that you..... or I will have to (sanction)

Summary

- Use positive language
- Do not focus attention on the negative behaviour
- Choose and use the relevant strategy

Don't let a good idea get
away!