

Information Sheet – Parenting Series

Encouraging Positive Behaviour

Write down some behaviours that you would like to see your children do more of:

- _____
- _____
- _____
- _____
- _____

TIPS: These behaviours should be the positive opposite of the behaviours you are finding challenging. They should be written positively (i.e., what to do, not what not to do) e.g., “Use gentle hands”; “Do what we ask”.

Types of Rewards

Descriptive praise

(say what behaviour you liked)



Physical affection



Real rewards



Special time



Remember to keep the rewards varied and use attachment rich interactions when delivering the rewards (i.e., show emotion, love, excitement, engagement).

~~~ Rewards should be consistent and unpredictable ~~~

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Responding to Misbehaviour



