

# tips on managing children's challenging behaviour

Guelph Family Health Study

UNIVERSITY OF GUELPH

a quick guide from the Guelph Family Health Study

- **Model** good behaviour for your child

## Encouraging Good Behaviour

*"Mommy is really frustrated right now. Please help me calm down by taking 10 deep breaths with me."*

*"Good job cleaning up your toys!"*

- **Reinforce** positive behaviour with acknowledgement and praise.

## Set SMART Goals:



- **Specific**
- **Measurable**
- **Achievable**
- **Relevant**
- **Timely**

## Reducing Problem Behaviour

- Be clear and consistent
- Have face-to-face conversations about rules as a family
- Give consequences or rewards immediately after the behaviour
- Use warnings to help with transitions to new activities



*"10 minutes to dinnertime!"*

## Managing Sibling Rivalry

- Listen to both sides of the story fairly, regardless of age
- Remain calm and speak slowly at a low volume. This can help bring down the level of conflict.
- Emphasize cooperation and work together to come up with a solution



# Managing Children With Problems

**Liyong Dong**



## **Managing Children With Problems:**

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