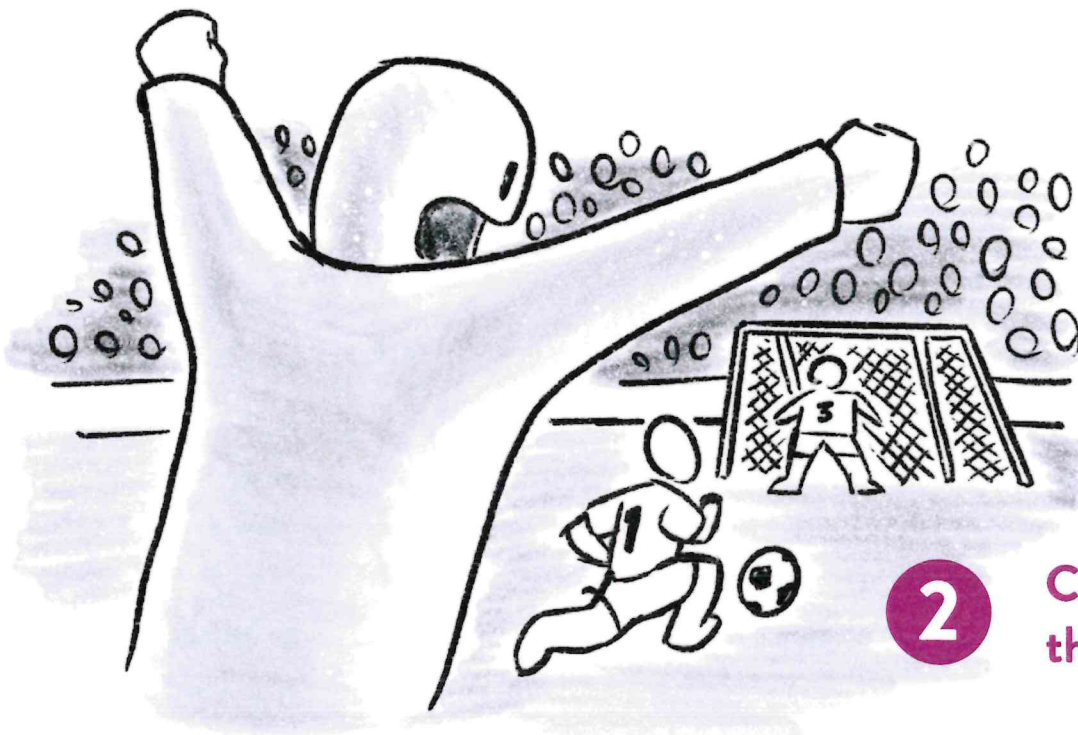
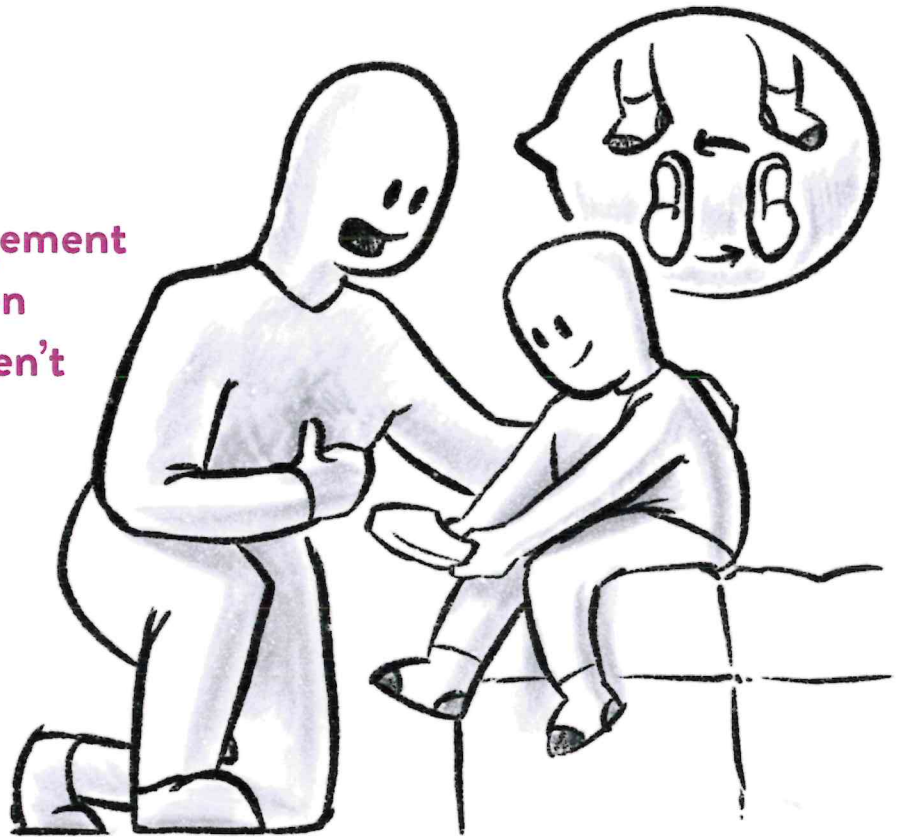


Visual Aids

Encouragement & Praise

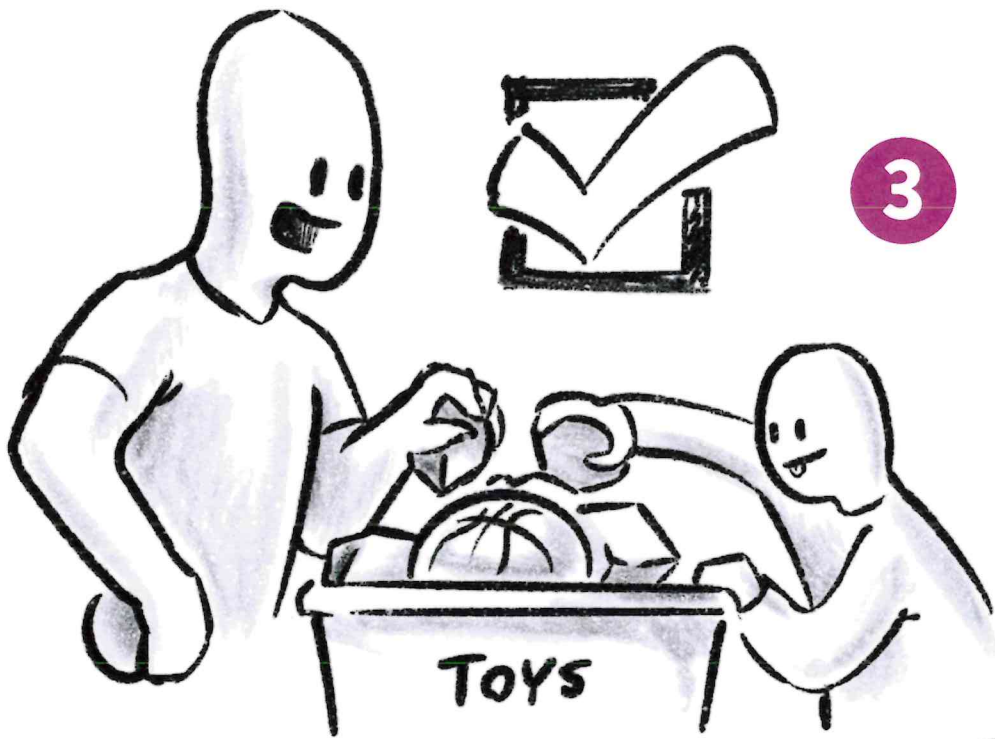
1

Positive encouragement even when things aren't perfect



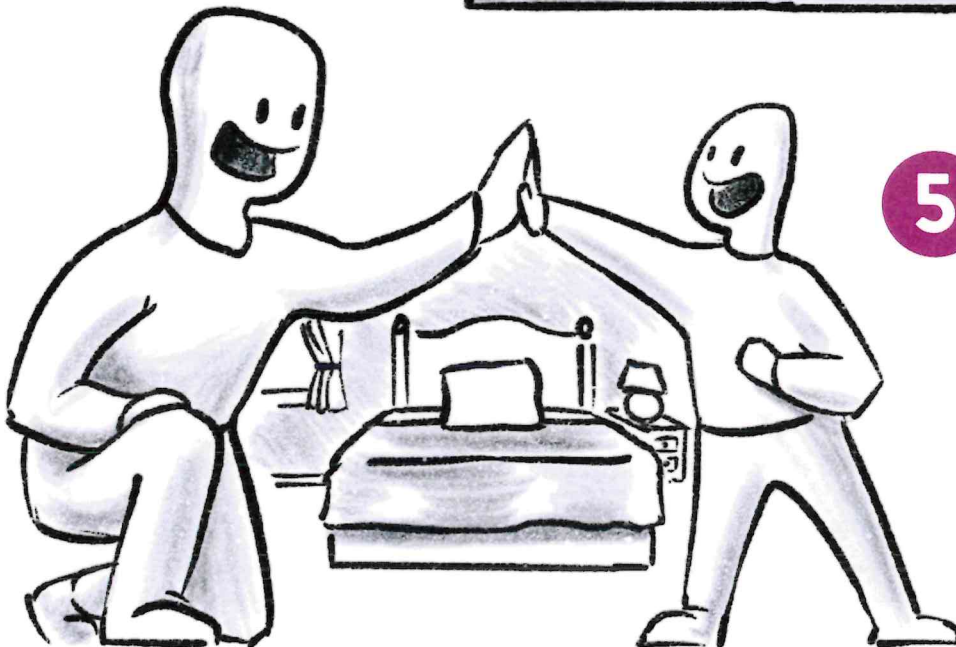
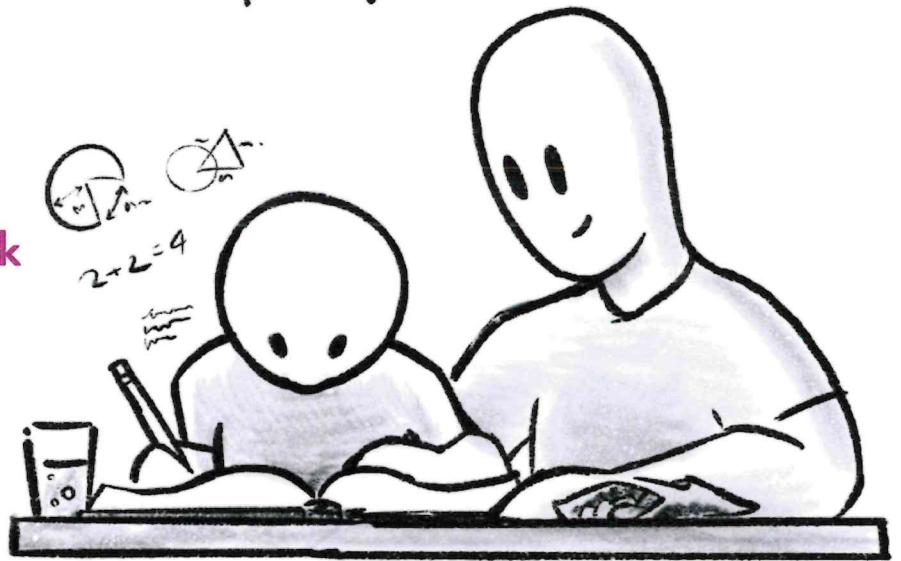
2

Cheer them on

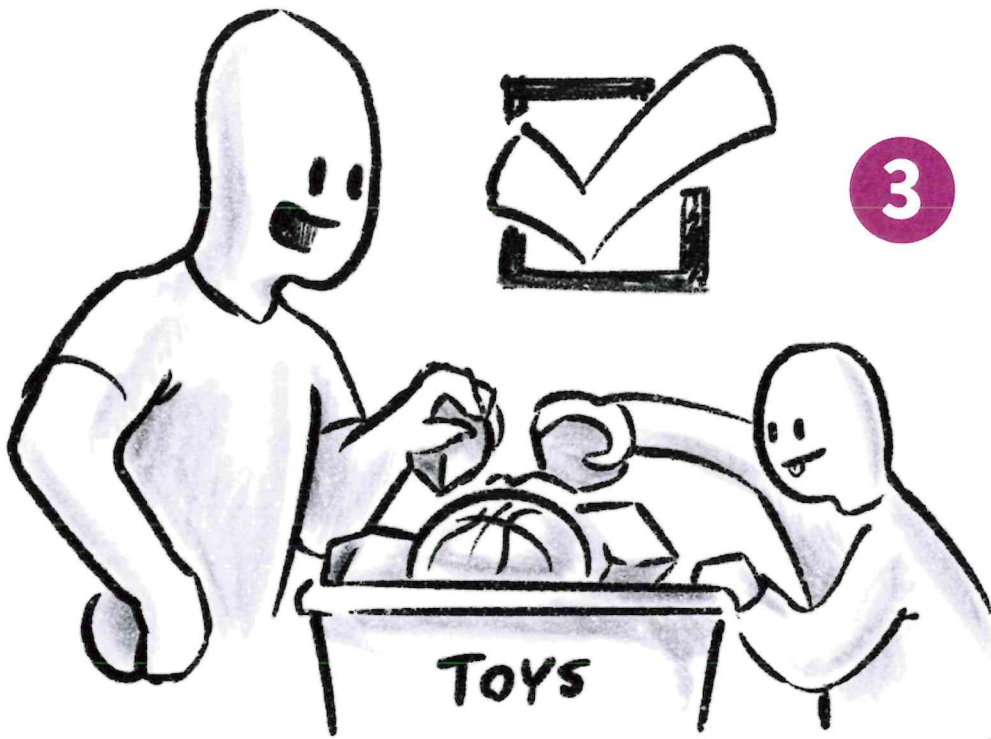


3 Carrying out a task together

4 Helping with homework in a calm environment

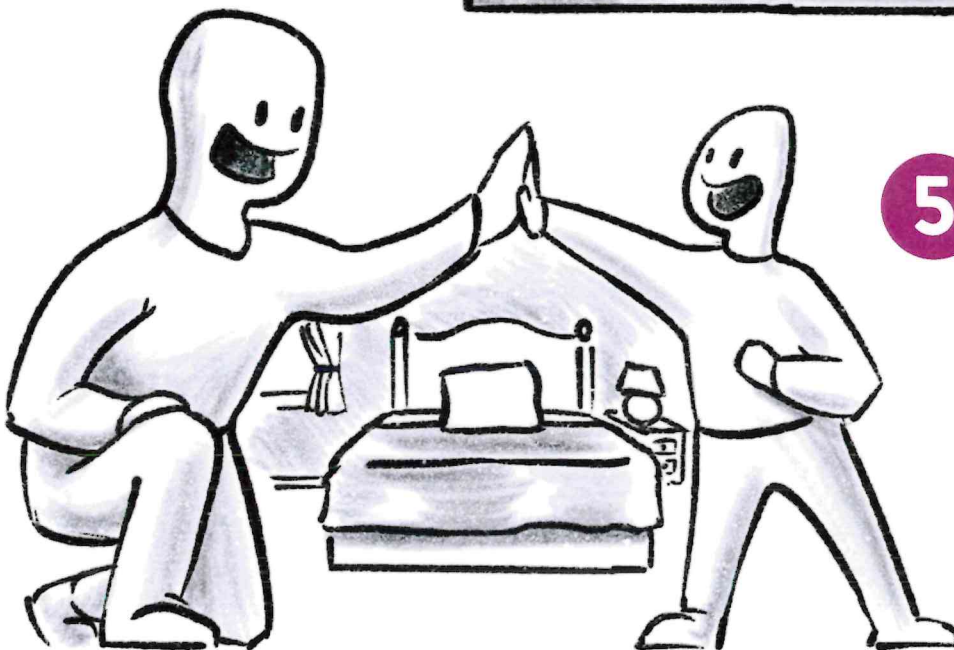
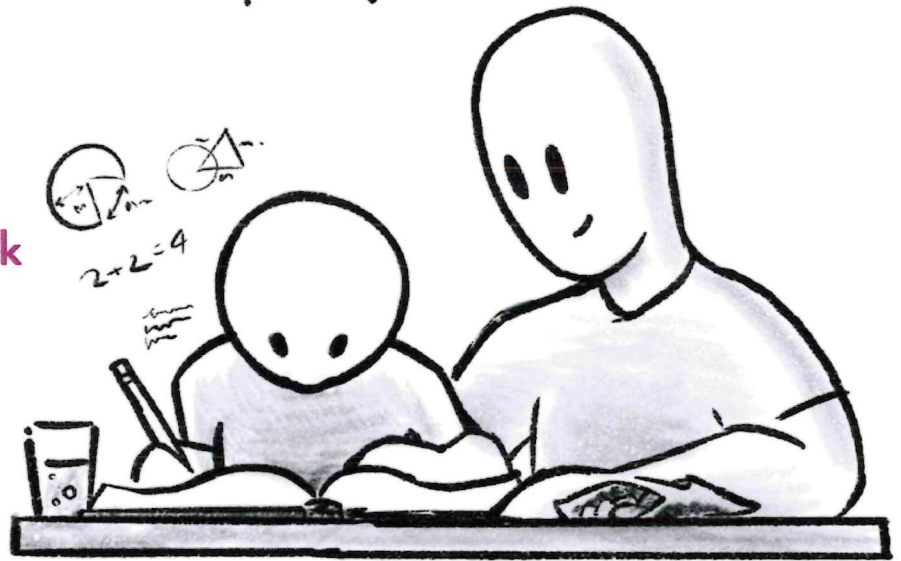


5 Helping them accomplish a task



3 Carrying out a task together

4 Helping with homework in a calm environment



5 Helping them accomplish a task

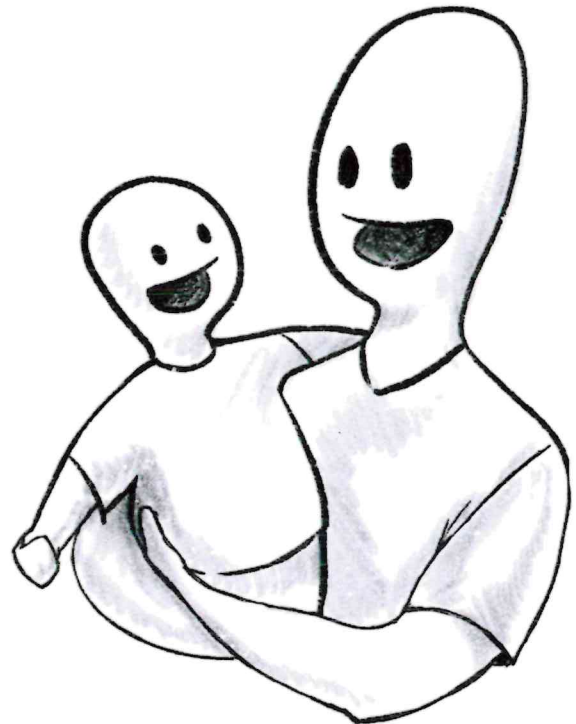
Establishing Routines

Having clear routines lets everyone know what is expected

Avoids Problems eg a lot of children with behavioural problems in school don't have a good bedtime routine and are simply tired.

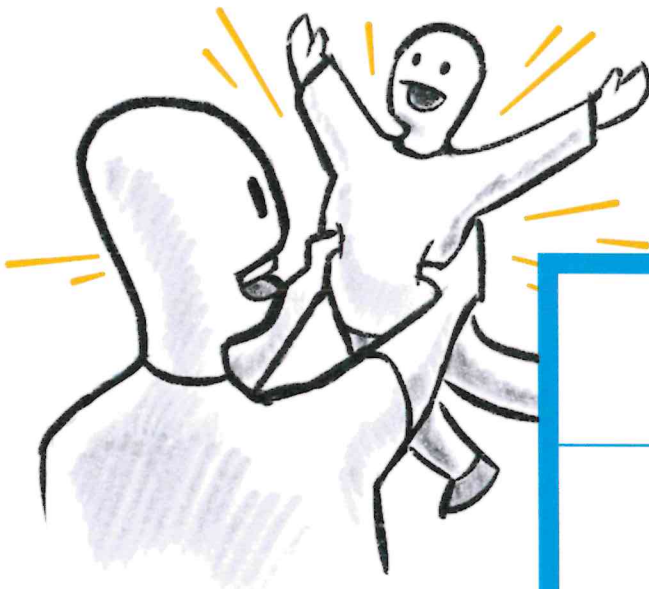
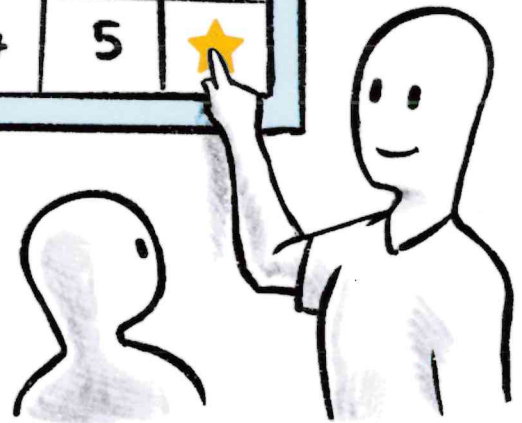
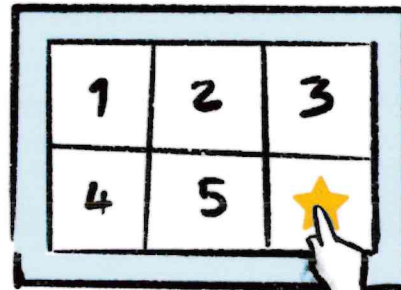
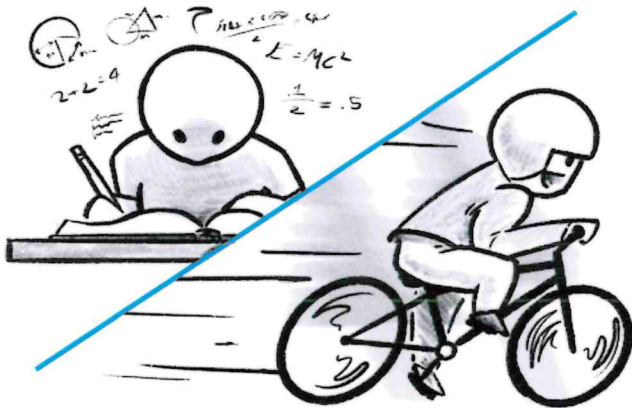
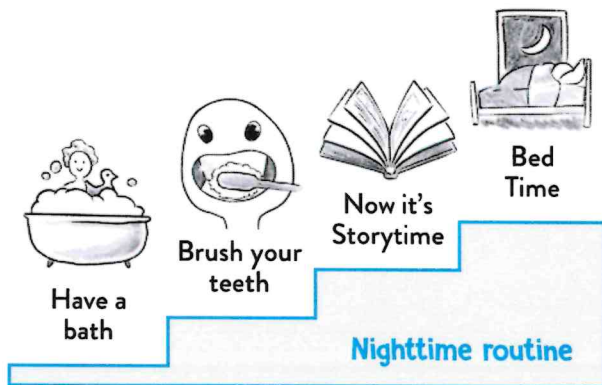


MORNING	AFTERNOON	EVENING
1	1	1
2	2	2
3	3	3

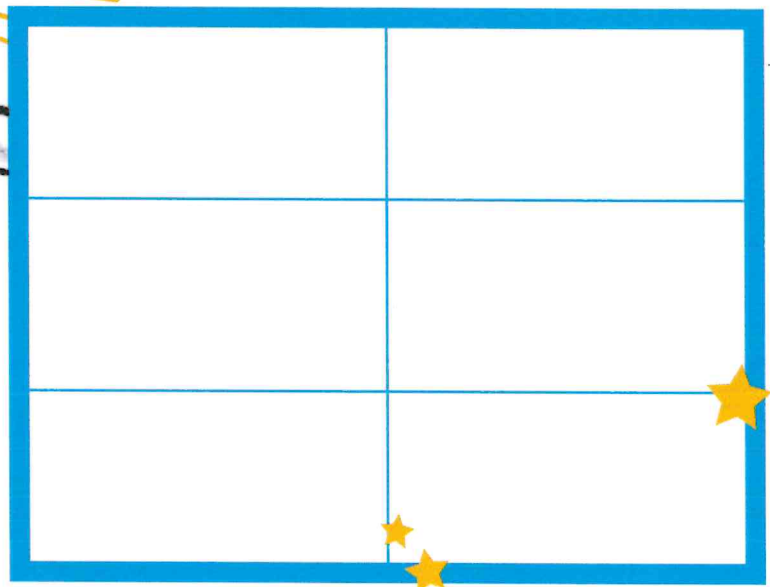


THEY CREATE HELPFUL HABITS FOR EVERYONE

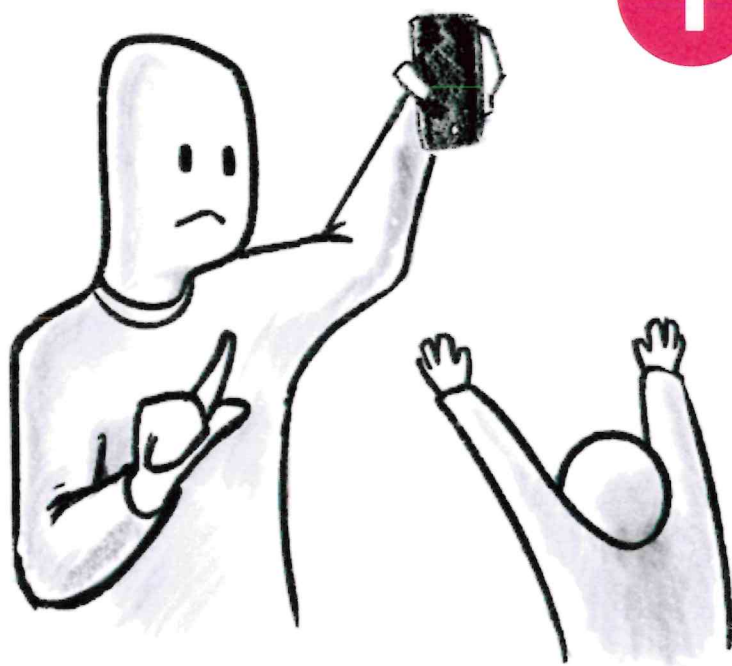
Creating a Good Routine



Try it yourself!



Making Consequences Work



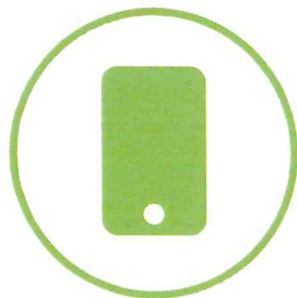
1

Consequences only need to be small



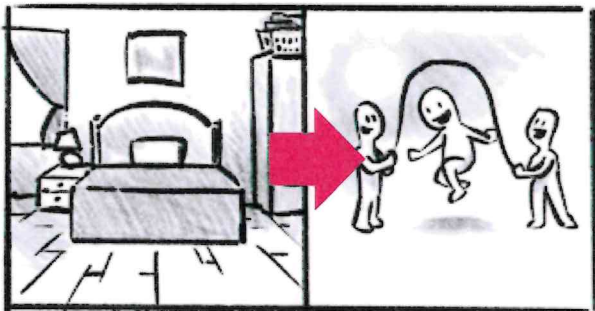
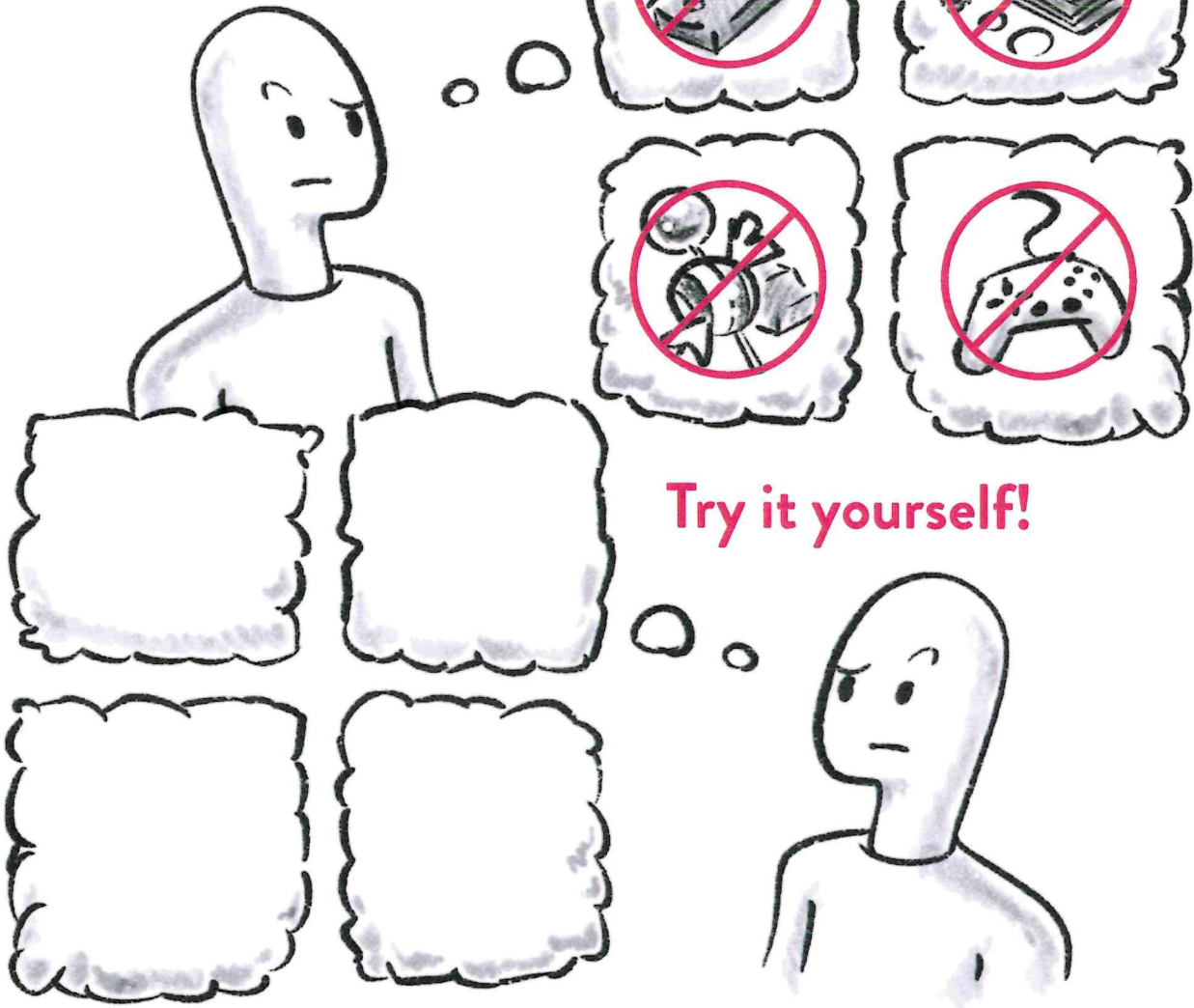
2

They should affect the child not you



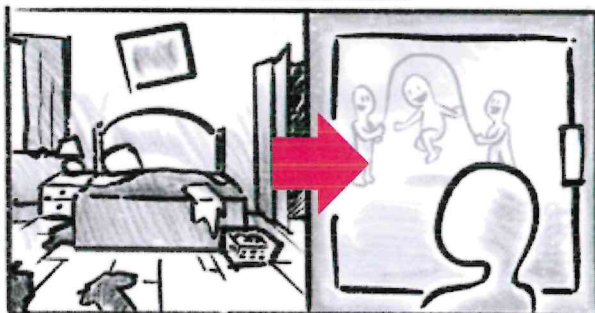
3

Plan in Advance



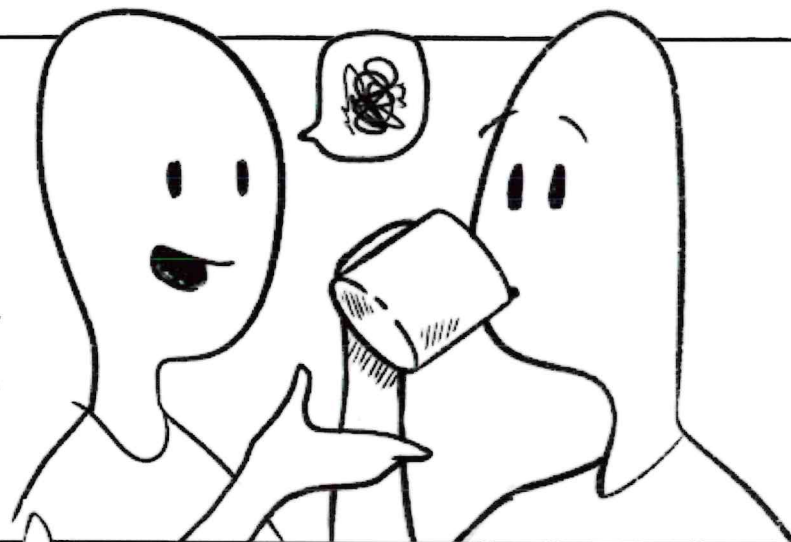
4

Give your child a choice between behaving and the consequence



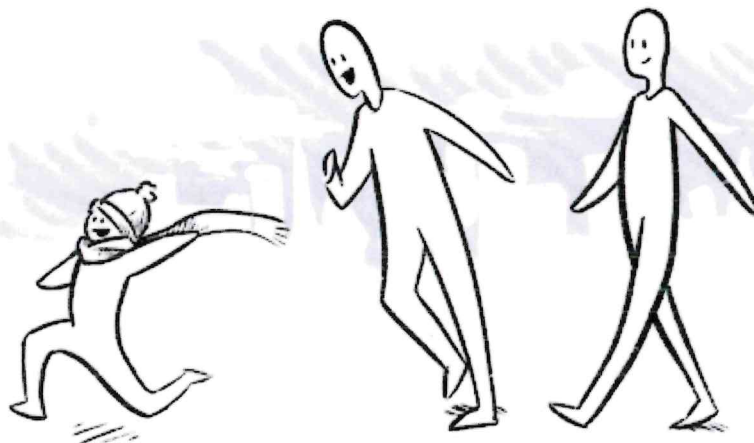
Pressing the Pause

1 Go out and chat to a neighbour for a few minutes



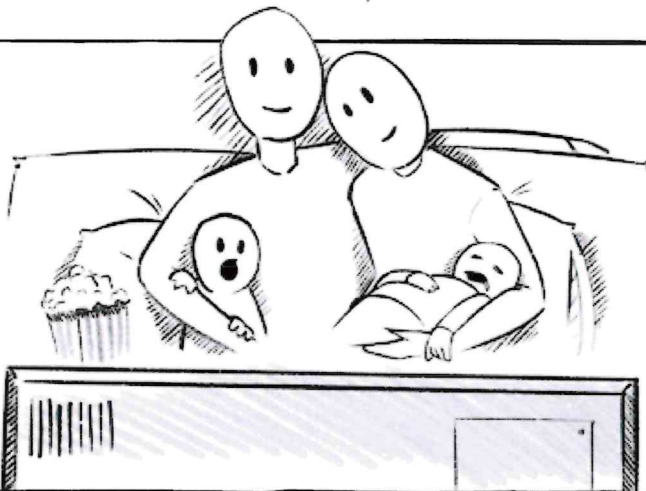
2 Play some music and dance around the house together

3 Go for a walk with the kids



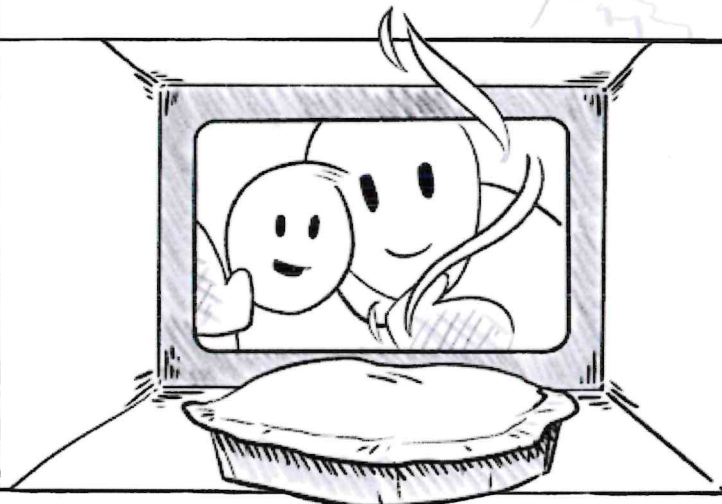
PARENTAL SELF CARE

4 Read a **book, magazine** or listen to a **podcast**



5 Snuggle up on **sofa with your kids**, and watch a nice movie together

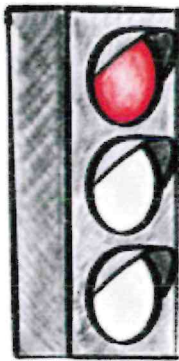
6 Take deep **breaths** to help you stay calm



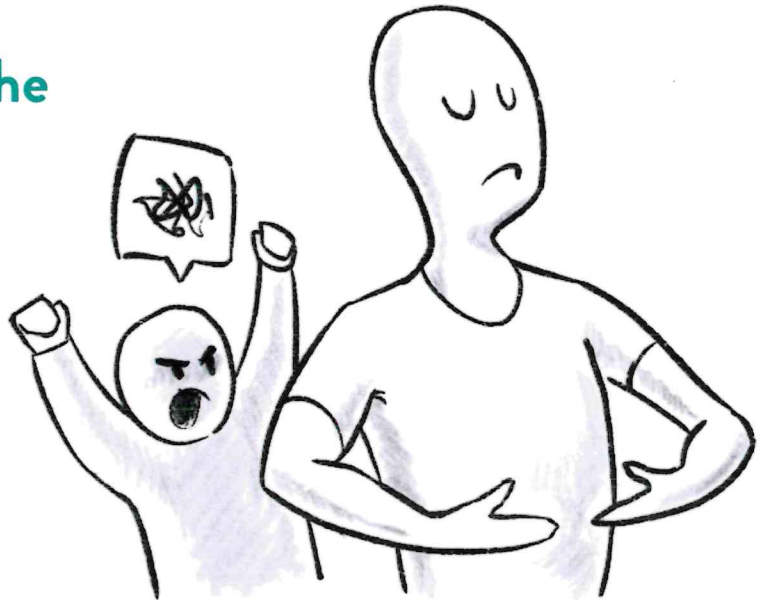
7 Bake with your kids

Pressing the Pause

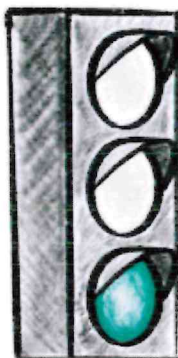
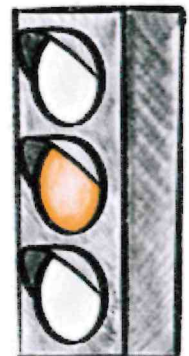
We use a traffic light system to show the importance of not being caught up in a pattern of reacting the same way each time we are faced with a problem



Press the Pause



Tune in to what is happening



Make a Plan

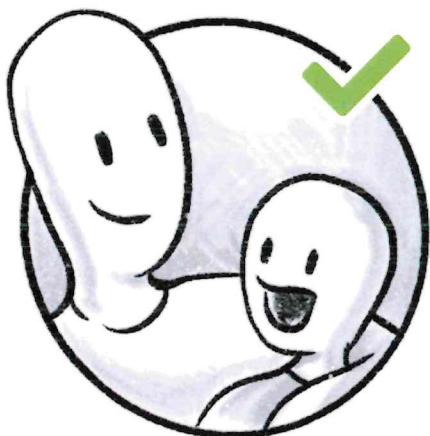
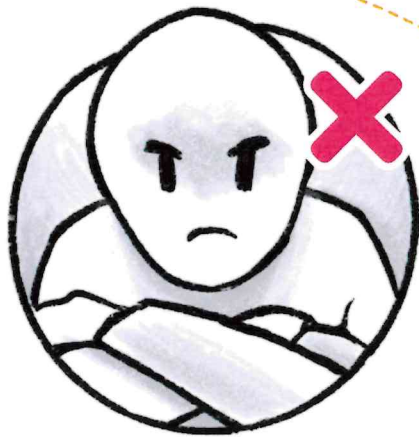
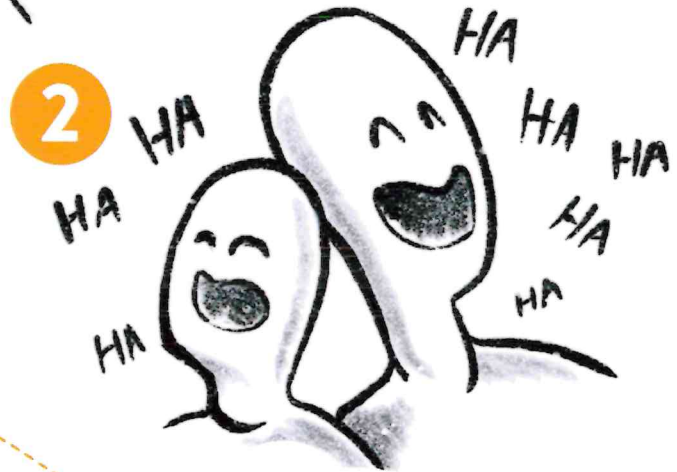
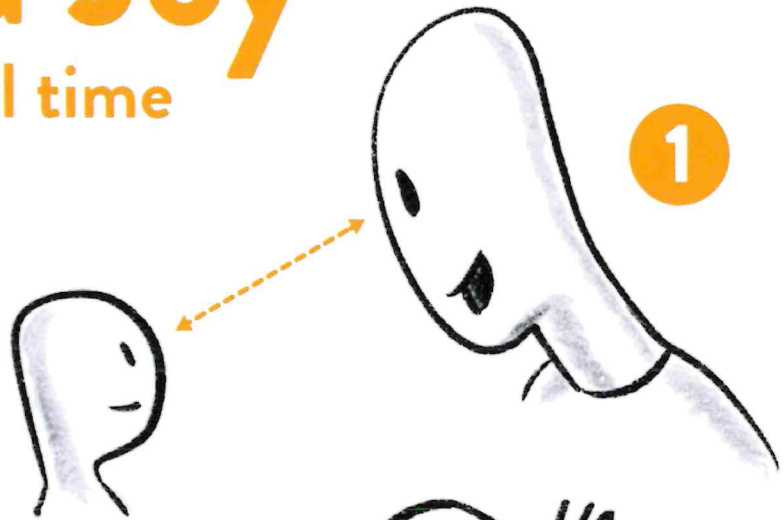


Shared Joy

Play and special time

Reasons for shared joy time

- 1 Builds the relationship and helps parent and child connect with each other
- 2 Have fun together and enjoy each other's company



Picking the right time for shared joy

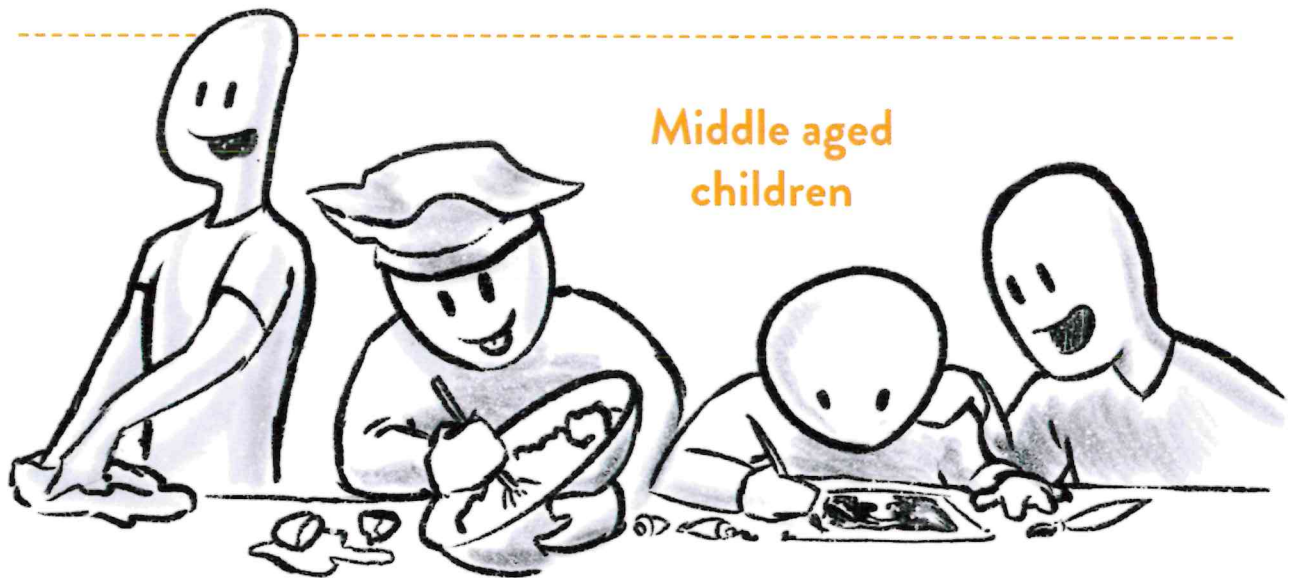
- Make sure both you and your child are calm. Read their body language.
- You can make everyday tasks into special moments of shared joy for example bath time, brushing hair, driving in the car etc.
- Know your child and what are their likes and dislikes

Sharing Joy with...

Babies & Toddlers



Middle aged children



Teenagers

