

# VIRTUAL PARENT SESSIONS

## **DO**

- Respect confidentiality.
- Respect others points of view.
- Listen to each other.
- Please mute your device.
- Please ask questions or add comments via the chat icon.
- Contact HSLW at your child's school for more support following the sessions.

## **DON'T**

- Record the sessions.
- Interrupt.
- Share personal information that may be shared within this session with others.



# Challenging behaviour

There is always a reason behind behaviour

It is very rare a child would wake up in the morning with a plan to misbehave.

We need to identify the reason to understand, manage the behaviours and also to be able to recognise what the triggers are for the behaviour choices.



# BEHAVIOURS TO IGNORE

**What we pay attention to is what we get more of.**

## Not to ignore

- Behaviour that may risk harm to people or property.
- Crying because hungry, hurt or frightened.
- Angry, offensive language.
- Running off.
- Spitting.
- Headbanging.
- Wetting or soiling.

## Might ignore

- Thumb-sucking.
- Interrupting.
- Fiddling with Velcro on shoes.
- Demanding things in shops.
- Whingeing.
- Showing off.
- Sullen looks.



# Choices and consequences

- Be clear and specific about the positive and negative choice of behaviour and the positive and negative consequence that will follow.
- You can either ..... (positive)
- Or you can ..... (negative)
- If you choose ..... (positive)
- Then ..... (positive consequence)
- If you choose ..... (negative)
- Then ..... (negative consequence)
- It's up to you – It's your choice.



# Family Rules

- It is important that all family members join in the discussion.
- Talk about how you want to feel in the family.
- Share the problem and positive behaviours.
- Keep the rules simple and specific.
- Limit family rules - maximum of 4 or 5.
- Decide on reward / penalty for each rule.
- The rules apply to EVERYONE in the house.
- Keep praising positive behaviour.



## Easy tips to follow

- Say, 'thank you', at the end instead of, 'please can', at the beginning.
- Remember you are your children's biggest role models.
- Remember you are their parent first and their friend second.
- Remember to emphasise what behaviour you would like to see rather than the behaviour that you don't.

We run various Parenting Courses to help support families in more detail. This is in a friendly group environment, enabling a safe place to share ideas and concerns.



# Routines

- All children thrive with a regular routine. It helps to make them feel safe and loved.
- It is positive for all within the family to have structure and be aware of the expectations.
- We are aware that for various reasons routines have to change at times, but try to keep them as static as possible, for example keeping the bedtime routine the same.
- Lots of families have two routines running side by side, one for school days and one for the weekend.



## Ideas to consider in routine

- Allow enough time.
- Get the uniform ready the night before.
- Set the alarm at a reasonable time for the morning (ideally the adult gets up earlier and ready before the waking child).
- Decide on a realistic leaving time allowing for traffic, rain, meeting friends etc. to enable arriving at school on time.
- At the end of the school day when collecting your child listen and greet them. Give them your full attention. It's good to walk and talk.
- Change, snack and drink when your child gets home.





## Ideas to consider in routine

- Set an agreed realistic time for home learning each day.
- Play / down time - if this includes time on electronics it should be for an agreed time and ideally this should be earned, for example as a reward after home learning is completed.
- Dinner
- Wind down time (no electronics for at least an hour before bed).
- The 3 B's - Bath, Book and Bed.



# Thank you for joining us today

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