

# Top Tips

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## Resilience

Resilience is another word for 'bouncing back.' This could be a reaction from a bad experience your child may have had. Your child will make mistakes or experience set-backs and teaching resilience helps them to brush it off and try again. Some children struggle to develop this, so it important help them to be resilient.

### Key to resilience

- Having a sense of independence and responsibility.
- Confidence.
- Positive outlook.
- Coping with feelings and expressing them.
- Forming good friendships with people who will accept them for who they are.
- Having positive role models in their family and at school.

### Building your child/children's resilience

- Don't get too involved and give them time to work things out for themselves first.
- Be a good role-model show the behaviours that you want to see.
- Talk to your child about what is bothering them and talk about people you know that have overcome challenges.
- Help your child to manage their feelings.
- Learn to say 'no' to your child/children so they can understand the value of boundaries.
- Step back and let them resolve things independently. They will learn how to negotiate and accept things in their own way.

# Behaviour

## Understanding your child's behaviour

- Take time to understand how your child learns and expresses their needs.
- Discuss family rules, start off with easy rules e.g. Kind words, kind hands, good listening. Rules that are easy to remember.
- Reward your child and let them know when you are proud of them.
- Promote choices with your child, this helps them to develop problem solving.
- Praise the good behaviour.
- Ensure your child knows what the consequences are so that your child knows what is expected of them.

## Behaviour Strategies.

- Reward charts are a good way to monitor and manage your child's behaviour positively.
- Saying well done when your child has done something well.
- Agree on rules and consequences as a family. This way everyone knows what behaviour they are aiming for.
- Use stickers as an instant reward for your child.
- Treat/special time when they have achieved good behaviour.
- Focus on the good things your child says and does rather than the things they haven't done.
- Share your child's behaviour achievements regularly throughout the day.
- Share as a family the things your child did well that day and celebrate.

## Bedtime

- Make sleep a family priority. Set clear times for going to bed and getting up. Stick to the routine even on the weekend to ensure positive sleeping routines can take place.
- Work as a team.
- Talk about what may be troubling your child's sleep routine.
- Talk to your child about why sleep is so important for our body.
- Provide a small snack before bedtime to keep your child's body fueled throughout the night.
- Make sure the bedroom isn't too hot or cold and feels a safe and relaxing place to sleep.
- Give your child familiar an item such as, a teddy bear or favourite blanket this provides a sense of security.
- Provide a calm mood before bedtime for your child, reduce screen time and focus on them. Storytime is a good way to build family relationships and give 1-1 time to your child.
- Reduce the noise level in the house after your child goes to bed.

## Mealtimes

- Eating is a social time, sitting around a table with the whole family can encourage your child to develop healthy eating habits.
- Plan fun and interesting food and involve your child in that process.
- Have a structured snack time after school so that this does not affect the family meal time routine.
- Discuss the food with your child and teach them about healthy food and drink choices.
- Let your child decide how much they want to eat.
- Stay calm if your child does not want to eat what you have prepared. Discuss why they do not want to eat it and plan accordingly next mealtime.
- Remember make mealtimes fun and relaxed so that they become good social times for the whole family.