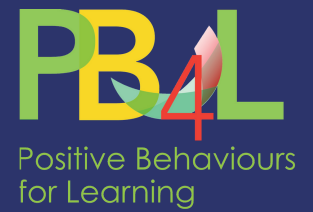




CATHOLIC EDUCATION  
DIOCESE OF WOLLONGONG

# 5 POSITIVE BEHAVIOUR STRATEGIES TO SUPPORT FAMILIES WITH REMOTE LEARNING



## 1. ESTABLISH CLEAR EXPECTATIONS AT HOME



- Revisit your 3-5 “house rules” that apply to all family members. If you haven’t done this before, it might be a good idea to sit as a family and discuss.
- If family members are working from home, it is important to set up guidelines to allow this to happen. Define when the family member can be “interrupted” but also set up times to frequently check in with your children who require less supervision.
- Communicate clearly what behaviour you want your child to demonstrate. Phrase directions in the positive, telling your child what you want them to do, not what you don’t want them to.

## 2. CREATE ROUTINES FOR YOUR FAMILY AND CHILD



- Children do best when they have predictable routines and know what is going to happen throughout the day.
- Organise the day so your child knows what is happening by using a schedule that includes daily jobs, learning time, self-help (showers and teeth) and fun, choice activities.
- You can use a “first \_\_\_\_\_, then \_\_\_\_\_” strategy by pairing a non-preferred activity with a preferred one, so they are not sitting in front of a screen or video games all day. Rotate family activities or household chores with screen time, online games or talking to friends.
- Use transition warnings to let your child know what is coming next. Timers or visuals can help with transitions.

## 3. ANTICIPATE CHALLENGES AND PLAN ACCORDINGLY



- Preventing challenging behaviour is always easier than addressing it.
- Know what things or triggers seem to set your child up for challenging behaviour and try to address through your routines and schedules.
- Plan a consistent response to any challenging behaviour. Be sure to discuss this with your child’s teacher, as they may have effective strategies to assist you.
- Children and adults have a lot of feelings and emotions about our current situation. Use empathetic statements to let your child know you understand how he/she feels.
- Remember that challenging behaviour often means your child can’t figure out how to express their feelings in an acceptable way or doesn’t know how to get their needs met.

## 4. MODEL THE BEHAVIOUR YOU WANT YOUR CHILD TO LEARN



- Adults matter ~ your child may copy your words and actions. Try to focus on keeping calm & in control of yourself as you manage your child’s behaviour.
- As the adult, we set the tone for the family. The current situation is challenging for everyone.
- Choose your battles wisely but be supportive and understanding.
- When we are tired and stressed, we often reach a point where we just give in. We may need to be the one taking a deep breath, counting to ten and taking a brief time away. It’s good for your child to see you modelling appropriate self-regulation strategies.
- Model and provide opportunities to help your child practice calm down and problem solving strategies

## 5. REINFORCE YOUR CHILD FOR POSITIVE BEHAVIOURS



- Use positive reinforcement as often as possible. Give attention to the behaviour you want to see, not the behaviour you don’t.
- Strive for a ratio of 5:1 ~ 5 positive interactions or gestures, to every 1 negative response.
- Do something special with your child so the “reward” also strengthens your relationship.
- If your child needs a more structured reinforcement system, remember the easier it is to implement, the more likely you will be consistent.
- Genuine, specific praise has a powerful effect on your children’s behaviour.
- This includes their efforts towards following your directions and their small steps in the right direction.

