



## Parenting Tips

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### Building Trust

1. Foster independence – give them an area for which they can be responsible.
2. Avoid criticism – tell them what to do instead, rather than what not to do.
3. Listen attentively to what they are saying – show by nodding, ‘um’ and other positive signs.
4. Respond appropriately – mirror excitement, sadness or whatever emotion they are expressing.
5. When you tell them something, or give an instruction, check if they’ve understood.
6. If they are disrespectful, ask them if they would like to be treated like that.
7. Be consistent, have limits, stick to them, and let the children know what they are.
8. Model the behaviour that you want the child to have. You need to show consistency.
9. Discuss the consequences of unwanted behaviour so they can see where it leads.
10. When your child is old enough to understand, explain how the brain and body are connected. Teach them how to calm the body and change their thoughts.

### Managing Aggression

1. Don’t become aggressive yourself. They are more likely to model your behaviour than what you say to them. They need to see what good behaviour looks like.
2. Don’t try to ‘talk things out’ when the child is still angry. Wait until a quieter moment, when the anger has diffused. They will be able to listen then.
3. When things have calmed down, discuss the aggressive behaviour. Find out what is troubling them. Discuss what could have been done differently to avoid the aggression.
4. Make family rules and write them down. Agree together on what the rules will be and what the consequences will be for breaking them. Get everyone to sign that they agree.
5. If there are two parents in a household, stick together and be consistent in your approach to aggressive behaviour. Inconsistent approaches confuse the child and make them insecure.
6. Rewarding assertive behaviour will be more effective than punishing aggressive behaviour.
7. Be aware of your child’s ‘hot buttons’ and triggers.
8. Let the child know that anger is a normal human emotion. It is what we do with it that matters.
9. Take a few deep breaths. Show them how to do this when they are not angry.
10. Count backwards from 10 to 1, or if need be, 20 to 1.
11. Teach them self-talk: ‘I can be calm’ ‘I am getting better now’ ‘I am in control’ and similar.
12. Discuss with the child their own ideas to calm down. They may know what works best for them.
13. Teach them relaxation and meditation techniques.