



## Dealing with behaviour

Dealing with young children's behaviour is one of our biggest challenges—you won't get it right all the time—be realistic!

### Top Tips for parents and carers

- Children's behaviour is usually a way that they are trying to communicate that they need something—They are not deliberately trying to wind you up—this is a fact!
- Be curious—what could they need? Are they hungry/thirsty/tired etc.
- Keep calm and lower (rather than raise) your voice.
- Name the emotion for your child e.g. I can see that you are angry...you must feel cross/worried.
- Children like boundaries they make them feel safe. If the rules or your behaviour keep changing and are unpredictable it will make them feel unsafe and their behaviour may deteriorate.
- Try to distract them e.g. oh I remember I have something to show you that I found today.
- Praise praise praise the things you want to see e.g. 'thank you for putting your car away—well done.'
- Be consistent. When your child screams/bites/hits is your response always the same?
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- If you have said no stick to it—don't give in—otherwise children learn that the more they moan/scream/demand they eventually get what they want.
- Finally but importantly don't withdraw affection or hold a grudge—forgive your child! Show your child you love them then when everyone is calm you can explain the situation in simple terms e.g. biting hurts your sister—next time can you ask Mummy for help?

### Further links and information to help

Read more:

[How to cope with tantrums | NSPCC](#)

[Baby parenting tips | NSPCC](#)

[Mental health and wellbeing - Support for Parents from Action For Children](#)

[What to do if you suspect child abuse | NSPCC](#)

Get more help:

You can request all sorts of support from the Early Help Hub

[Early help - Cornwall Council](#)

