



Top Tips for managing behaviour and social emotional wellbeing at home.

Lockdown has put extra pressure into the mix for some families. Routines have changed and parents/carers have felt more stretched whilst they aim to manage work and home changes. Here are some top tips for home:

1. **Manage your language:** Remove words such as **if, try, why, but, just**. Instead use scripted patterns such as, **'When you havethen you can.....'** The underlying meaning here is that you expect the job to be done yet you are working with them rather than telling them.
2. Stop using, **'Will you....Could you.....Are you....?'** Switch this to a limited choice, **'You can eat your carrots or your potatoes first.'** **'You can play X Box now for 30mins or after dinner for 30mins.'** Give the child choices so that there is a win/win scenario for both of you. Aim to compromise in a reasonable way so that you get the outcome you want and your child feels that they had some ownership in the process.
3. **Listen:** take time to hear your child and really take on board what they are saying. Own your part in any conflict and ask the question, **'What could I do differently that would help?'** Agree how you can both change one thing that would help the overall picture. Work collaboratively and with agreement, that way it is more likely to be adhered to.
4. **Timing and tone are everything:** ensure that you manage your own state and tone of voice. Ask yourself: is it the right time to have this conversation for me and for them? Can I manage myself so that I sound like a calm, focused adult? Am I in the right place to really hear my child and acknowledge their feelings?
5. Remember that children of all ages need a safe adult. All conflict creates a state of feeling unsure and unsafe. This needs managing quickly and confidently. In calm moments create a plan that you are both part of; what do you both need to do if a point of similar conflict arises again? Take time away from one another? Agree where your spaces are. Some children need to be kept close so that they feel safe. You can support this with a script, 'I will stay here as we agreed. You tell me when you are ready/need me/want to talk.'