



## TIPS TO HELP IMPROVE BEHAVIOUR

- Keep instructions simple. Write a list for complicated tasks
- Give one instruction at a time if possible, or use a Post-it note as a prompt
- Avoid giving too much choice – ideally offer no more than three but a choice between two options may work best
- Tell your child what *to* do, not what *not* to do
- Be very clear about when it will be time for special or reward activities and stick to it
- Encourage activities where your child has to wait his or her turn
- Warn your child of changes to his routine as far in advance as possible with simple explanations using photos, pictures and written words
- Use pictures when introducing new activities and topics, like photos of your destination, when planning a journey
- When you want your child to finish a task, use a timer to warn that there's only so much time left (sand timers, Time Timers, kitchen timers)
- Avoid stress triggers if possible by distracting your child's attention
- Change daily routines gradually if possible to avoid unnecessary anxiety
- Give incremental reward tokens and don't take them away again
- Remember to praise your child when they are good, not just point out when they are badly behaved
- Use their interests to create motivators and rewards for correct behaviour
- Give your child time to understand your requests and check back to make sure your child knows what they are supposed to be doing
- Try not to argue. Arguments can escalate easily, where each party digs their heels in and is reluctant to back down
- Don't give up trying. You can start to change your child's behaviour if you remember to be consistent and structured in your parenting