

Big Emotions and Supporting Positive Behaviour



Parent workshop 3





Group agreement



- ✓ Please arrive on time
- ✓ If you need to miss a session let one of us know beforehand.
- ✓ **No personal recording of sessions at any time.**
- ✓ Keep information discussed in sessions confidential.
- ✓ Mute yourself when not speaking to avoid noise feedback.
- ✓ Be respectful to each other and opinions shared.
- ✓ If you need to step away for a minute, please email one of us to let us know or message the chat.
- ✓ Review handouts after sessions.





- Aims of the session
- Reviewing home practice:
special time and praise
- Reminder about safety check-in
- Praise
- How to use praise
- Home practice
- Feedback and questions

Reminder:

Everything we say in the session is confidential, unless I am concerned about your safety or the safety of others around you.

I will speak to you, if I need to break confidentiality, UNLESS I am worried that it will put you in more danger

The aims of today's session

To introduce praise as a way of improving children's self-esteem, confidence and their behaviour

To support parents to maximise the benefits of the praise that they give



Safety check-in

During your child's assessment an in-depth risk review was completed

This would have included:

- Any thoughts of not wanting to live
- Self-harm
- Risk to or from others
- Neglect or self-neglect.



Due to the group setting we will not be checking in with you regarding risk for your child.

BUT please let us know via email or by staying behind after the session if there is any change in risks or you need support around this.

If you ever feel unable to keep your child safe or they are experiencing a mental health crisis, please call the **NHS first response service on 111** (open 24/7).



Your name,
Your child's name

If your child could be any animal,
what would they be & why?



Reviewing home practice

- Last week's home practice was to try out special time
- Did anyone manage to set up and try out special time?
- Does anyone feel comfortable sharing their experience of special time?
- Were there any obstacles?



Praise

- It is common for adults to praise good behaviours & focus on punishing negative ones.
- However, praise has been found to be more effective in regard to long-term behaviour change for children
- Praise enables adults to **notice** and **comment on a child strengths**
- The more praise we give to the behaviours that we want to see, the more likely we are to see those behaviours.
- Praise is important for improving relationships, reducing negative behaviours & improving a self-esteem.



Implementing descriptive praise



https://youtu.be/DETS45Cbi_o?feature=shared



- How often do you give your child praise and for what behaviours?
- How does your child respond to praise?



Making praise effective



Be sincere

Avoid praising things that can't be changed

Be specific

Don't wait for perfection



Praise immediately after the good behaviour

Avoid comparison

Don't focus on the end product

Avoid criticism



Praise quiz



Which praise statement is more effective and why:

“Thank you so much for tidying your toys away.”

Or

“Well done”



Praise quiz

Question 2

Which praise statement is more effective and why?:

“You are so amazing at drawing; you must be the best in your class”

Or

“You have tried really hard with that drawing; the colouring is so tidy!”



Praise quiz



Which praise statement is more effective and why?:

“Good boy for going to bed the first time I asked”

Or

“Why can’t you go to bed that quickly every time”



What behaviours would you like to praise?

- Are there any specific behaviours you would like to see more of?
- Can you think of any specific phrases or words to praise your child and encourage more of the behaviours you want to see more of?



FIVE BEHAVIOURS YOU WOULD LIKE TO SEE MORE OF IN YOUR CHILD

Remember to break it down into easy learning steps for your child

- ✓
- ✓
- ✓
- ✓
- ✓



Be Kind



Praise Do's and Don'ts

- How could you make praise most effective for your child?
- Is there anything you should avoid doing when praising?



DO'S



DON'TS



Rewards vs praise



Praise is a great way to **encourage positive behaviour.**



But for some behaviours **praise might not be enough.**



If there is something difficult for your child that they might be struggling with you could consider using an **additional reward.**



It is important to consider the effect rewards might have on your child and make sure the **rewards are proportionate to the achievement.**

Praise jars

- **Praise jars** or **rewards charts** can be a good way to motivate children who are struggling with accepting praise.
- They can also help children to recognise when they are receiving praise.



To make a praise jar:

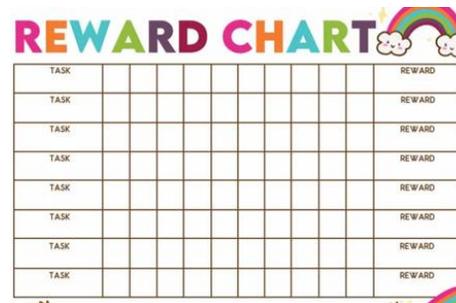
- Find a reasonably sized jar
- Explain to your child that every time they receive praise for a good behaviour they can add a marble, a star etc.
- When the jar is full, they receive a pre-agreed upon reward.



Rewards charts

How to set up a reward chart:

1. Clearly **describe the behaviour you will be rewarding**; this needs to be **specific**
2. Create a **day-by-day chart** and **weekly short-term rewards**
3. **Watch carefully** for when your child behaves
4. **Use praise directly** after these good behaviours
5. **Stay positive** - don't punish your child for not getting the reward one day, don't take away points/rewards.



TASK										REWARD
TASK										REWARD
TASK										REWARD
TASK										REWARD
TASK										REWARD
TASK										REWARD
TASK										REWARD
TASK										REWARD

Has anyone tried rewards charts before, if so, what was your experience like?

Home Practice

- Continue practising special time with your child.
- Use praise effectively to encourage any good behaviours during special time or throughout the day.
- Consider whether your child needs an additional form of encouragement such as a praise jar or rewards chart.





Any questions/feedback

If you wish to talk to us privately, please stay behind after the session or send us an email

See you next week!

