**Supporting Behaviour – Strategies for Families**

As a parent we have all been faced with the supermarket tantrum… your child wants a chocolate or new toy and has a complete melt down on the floor of the shop when we say “NO”

So how can we deal with this situation effectively so that it doesn’t happen again?

The following are a list of simple strategies that we can use anywhere and at any time;

* Have realistic expectation of your child depending on their age
* Talk to your child before you get to the shops about what is expected
* Focus on the appropriate behaviour- make a big deal… ‘I am so happy with how you behaved at Woolies today”
* Treat appropriate behaviour and ignore the negative (where possible)
* Be consistent! This is the key… NO means NO! No matter how big the tantrum!!
* Have realistic consequences, ones you CAN carry out… no point in telling children “I’ll leave you here if you don’t stop yelling...” when you can’t actually leave them there!
* Tell children what you expect from them such as “please walk inside” This lets children know what they need to do
* Role model the correct behaviour. Children learn from us! If we yell and smack… children will do the same!
* Never try to reason with a child when they are having a tantrum. They cannot hear you! Wait until they are calm and talk about the behaviour.
* Remain calm at all times! We are the adults!

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