

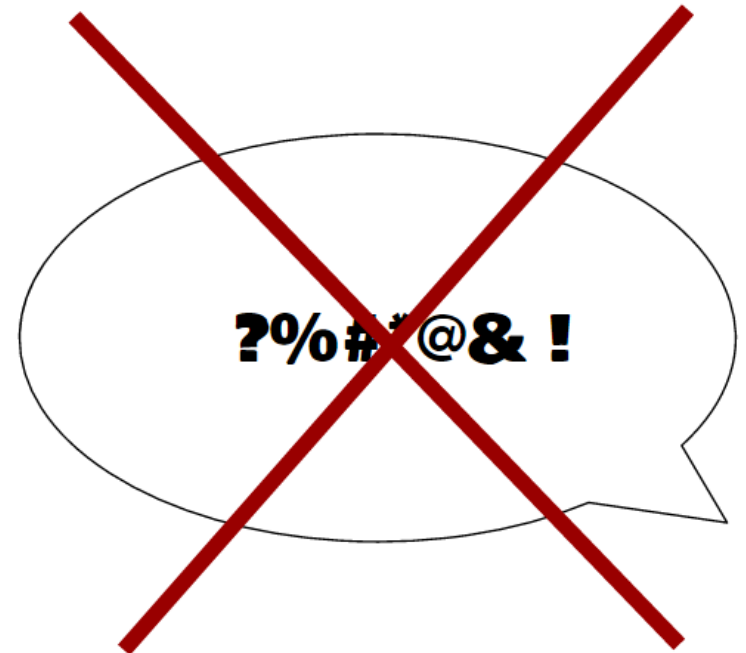


**HOW DO I HELP MY CHILD DEVELOP  
A POSITIVE BEHAVIOUR?**

## #1: Be a role model for your child.

Do not do practise habits such as swearing in front of your child if you do not want them to have such behaviours.

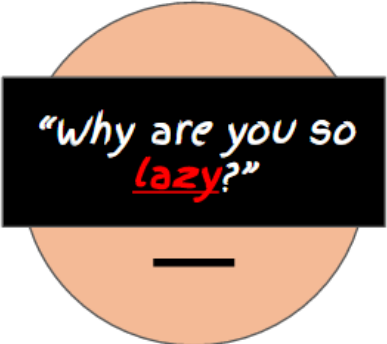
Children will develop and learn from behaviours that are shown to them. They are also likely to grow up due to how you portray yourself around them.




## #2: Do not label your child.

Labelling may build up negative emotions such as frustration and anger. It may also lower your child's self confidence. Instead, you should encourage them to do better.


Increasing their self esteem may bring out their best behaviour.



*"Why are you so  
lazy?"*



*"Why are you so  
stupid?"*

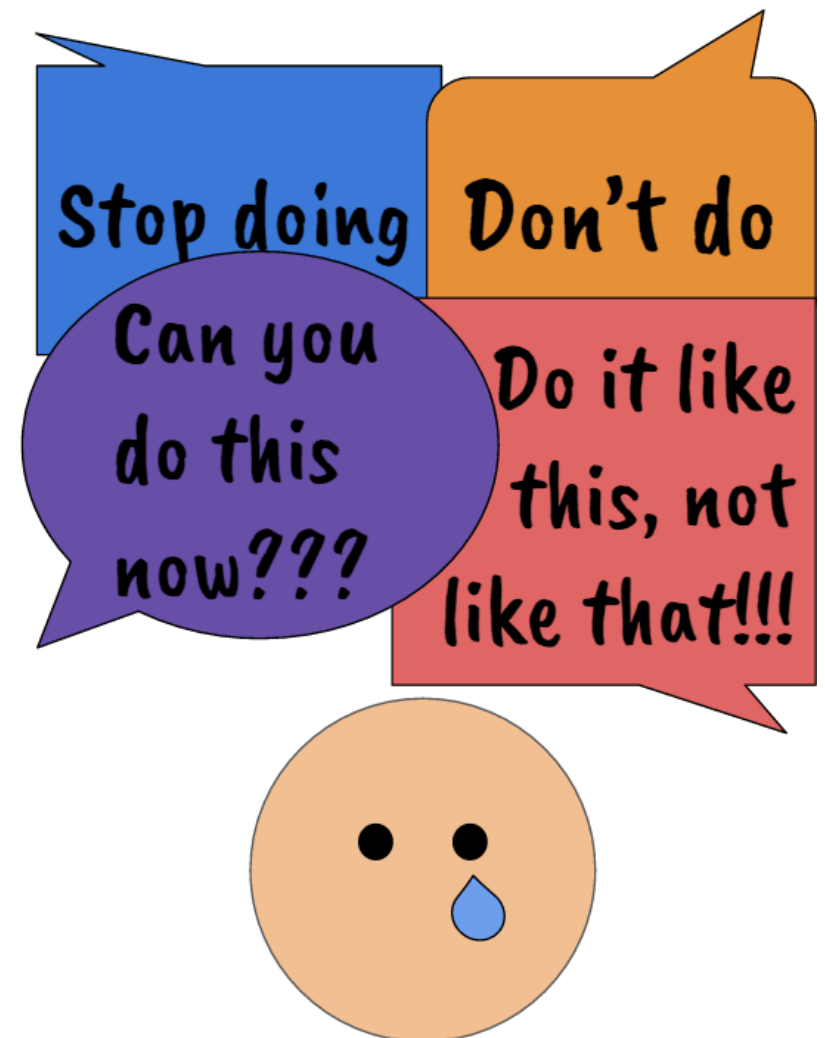


*"You're a  
useless person."*

### #3: Do not nag at your child.

Stop telling your child how to do everything. Leave it up to them to explore and learn what to do.

Giving them space will allow them to be able to learn to make their own decisions and become independent.



#### #4: Be firm with them and say "No".

It may be difficult to say "no" to your child sometimes. You do not have to agree to everything.

If you are unable to say "no" to your child when they do something wrong, they will think that they can get anything they want.



## #5: Listen to your child without interrupting.

Children tend to get frustrated a lot, especially if they can't express themselves well enough.

Listen to your child without interrupting.

Active listening is an excellent way to help your child deal with their feelings. Active listening is when someone listens and understands what the other person is saying.



## #6: Keep the promises you have made to your child.

If you have promised to reward them for what they have done, follow through with what you have said. This creates a consistent and predictable environment for them.

This also includes when you have told them that you would discipline them. This way, your child learns about commitment and they learn to trust you when you keep your promises to them.

