



Summary Sheet

Module 4

CALD: Planning for better behaviour

Planning for better behaviour

You have already done a number of new things to manage your child's behaviour. It is important to keep going and to be consistent with what you are doing.

Daily routines

Every family is different, but most have some sort of routines. Routines are just certain activities that usually happen at particular times of the day. You might have routines around getting children up and ready for school, or around preparing meals, eating and cleaning up. Routines help parents get their daily tasks done, and children are easier to manage and learn more skills if there are predictable routines for them to follow.

High risk times for difficult behaviour

There are some situations where managing your child's behaviour is more likely to be difficult. Shopping, waiting for an appointment, while you are on the telephone, visiting friends or relations or hurrying to get somewhere are all examples of high risk situations.

Planning for high risk times

Think about planning a routine for situations where your child's behaviour is likely to be difficult to manage, then practise it in a relatively easy situation.

Planning your routine

1. Identify a high risk situation for your child.
2. Select interesting activities for your child to do in this situation.
3. Decide exactly what you want your child to do in the situation.
4. Decide exactly what they are not allowed to do in this situation.
5. Choose a positive consequence for doing the behaviour you want.
6. Choose a negative consequence for doing what you don't want.
7. Decide which easier situation you will practise on.

Try out your routine

1. Get prepared, making sure you have everything you plan to use.
2. Tell your child the rules.
3. Follow your plan in an easy situation.
4. Talk to your child. Praise your child for what they did well. Give them the positive consequence if they generally behaved well. Give the negative consequence if you need to.
5. Change things for next time if it did not go as well as you expected. Make it easier next time so you are more likely to be successful.