



Taken from Barnsley Under 5s Team '7cs training' booklet  
Rotherham Dearne Under 5s Team 'Little Angels' Training Booklet



# 7c<sub>s</sub>

Encouraging  
appropriate behaviour  
in young children

- 1
- 2
- 3
- 4
- 5
- 6
- 7

1

# 1. Clear Rules

- 😊 Set limits and make them clear to your child e.g. no throwing bricks.
- 😊 Tell them what you do want them to do e.g. *'build your bricks'* or *'put your bricks away in the box'*.

## Remember

Rules need to be based on realistic expectations for the child's level of development.

Ask yourself:

*'Won't they or can't they?'*

## 😊 Be a good role model for children's behaviour:

- Consider the way you interact with children. How good you are at listening to what they have to say and following up on their ideas?
- Do you plan with appropriate challenge for children? If they are not interested and engaged in the activity they 'switch off' and this is conducive to unsocial behaviour.
- Use children's names and simple language to appreciate behaviour you like. *'I like how you put all those blocks away Alex!'*
- Report achievements and positive behaviour to parents within earshot of their child. This will also help to build positive relations with parents.

This leaflet can be made available in other formats. For more information please contact 01803 208149.

1

2

3

4

5

6

7

## 7. Comfort

Children flourish if we **praise** them for their efforts and give cuddles if they want them.

We need to give them **positive** attention, if we do not they may settle for negative attention.



**Positive attention** could be:

praise, cuddles, listening, playing together, eye contact etc.



**Negative attention** may include:

shouting, lecturing, physical punishment, making children miss out on activities etc.

To increase good behaviour:



**Reward** behaviour you **do** want to see



**Reward immediately** when it happens



**Look** for appropriate behaviour and **praise** it



**Talk** about their good behaviour and use them as role models



## 2. Choices

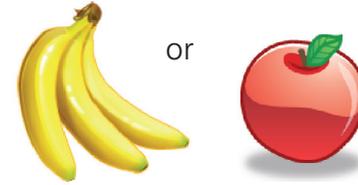


To help children feel valued and prepare them for making bigger decisions later in life, start giving them simple choices as early as possible.



You can give them simple choices by asking them verbally to make a choice of two items and let them point to or say which one they want.

e.g.



or

**The chosen item or activity must be available.**

**Don't give choices you can't carry through.**

## 3. Countdown

Children need time to develop sustained, exploratory play. Sometimes the routine needs them to stop what they are doing e.g. lunchtime.



Ensure opportunities for sustained play are provided often enough.



Make the child feel their play is valued. If it cannot be kept, take a photo e.g. a model they have made.



Give a warning that they will have to stop what they are doing soon. Tell them a time or use a sand timer so they have a visual warning.



Explain why they need to stop and what activity is happening next.

1

2

3

4

5

6

7

1

2

3

4

5

6

7

## 4. Confidence

Firm boundaries for behaviour and confident, consistent adults help children feel secure.

To give clear and confident directions:

- ☺ Make sure the child is listening
- ☺ Use their name first
- ☺ Give and get eye – contact
- ☺ Use a firm, confident voice
- ☺ Give an instruction rather than a question e.g. *'Pick up your toys'* rather than *'Will you pick up your toys?!'*

**When children feel insecure it can lead to demanding behaviour.**

## 5. Consistency

If tantrums, whining or other unwanted behaviour makes you change 'no' to 'yes' children learn:

**No = No  
but if I make a big fuss  
No = Yes**

### Remember

It may seem easier to give in to unsocial behaviour but if you do it is likely to happen again. You will increase it because the child is getting what they want from the behaviour.

Be calm and consistent. Carry through any promises you make.

## 6. Control

Young children can find their own emotions quite frightening and may express anger, frustration etc. in ways that are not acceptable such as temper tantrums, biting and kicking. When a young child is angry or upset they may not yet have learnt how to control their emotions so:

**You need to be the one to stay in control.**

- ☺ When problems occur, focus your dislike on the difficult behaviour, not the emotion or the child.
- ☺ To help children learn how to control and cope with their emotions:
  - Help them to express feelings in words.
  - Read stories and look at pictures showing a range of emotions and encourage them to talk about emotions.

**Being calm can help them calm down.**



1

2

3

4

5

6

7