



Workshop “Positive Behaviour Support”

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Agenda:

1. *“What is behaviour?”*
2. *Positive reinforcement and negative reinforcement.*
3. *Social-emotional development of children.*
4. *Factors which can influence on child’s behaviour.*
5. *Positivity is important!*
6. *Strategies how to change children’s behaviour.*
7. *When is red flag?*
8. *Psychological help in Toronto.*

- ***What do you think is it good when children cheat, do no share, always says “no”, or even have tantrum?***

What is behaviour?

Behaviour considers as any observable response or actions for the children. For example, when parents ask children to tidy up, children may respond differently: listen to parents, ignore them or even start to do mess just to check parents’ reactions. Why? Because we, human, always check out our limits.

What is the best parent’s reaction to behaviour of children? Let’s consider the concept of positive and negative reinforcement. Reinforcement is a process that increases the likelihood that a behaviour will be repeated (Kruk, 2014).

According to Ackerman C., "positive reinforcement adds a desirable stimulus to the situation, while negative reinforcement removes an undesirable stimulus, both in the service of reinforcing the behavior that was displayed" (Positive Reinforcement, n/d). Negative

reinforcement is not the same as a “punishment” because punishment occurs when the child receive a penalty when he is doing something wrong.

Positive and negative reinforcement:

Positive reinforcement	Negative reinforcement:
<ol style="list-style-type: none"> 1. Giving a compliment (for something) to reinforce stimulus. 2. Praising (for something) -- to reinforce stimulus. 3. Rewarding (for something) 4. Kissing (for something) 	<ol style="list-style-type: none"> 1. Ignoring 2. Time-out 3. Taking away toy/food/candy when child demonstrates bad behaviour.

- Let’s come back to our question what to do when the child does not want to tidy up?
Your thoughts?

Children’s behaviour depends on age!

(Social-emotional development of children)

Age	What child can do
0-12 months	<ul style="list-style-type: none"> • Children put everything into their mouths (hands, feet, food, toys, shoes). • Children cry if they need something (sleep, food). • Children can be upset if their parents are not close by.
1-2 years old	<ul style="list-style-type: none"> • Children are not able to share. • They say “mine” or “no”. • Because children lack the ability to communicate and they can be aggressive. • Children play alongside other children.
2-3 years old	<ul style="list-style-type: none"> • Children are rigid and inflexible. • They can be domineering and demanding. • They want to be independent.

	<ul style="list-style-type: none"> • They begin to experience feeling like shame, guilt, and embarrassment. • Their feelings may swing from moment to moment. For example, they can say “no” when they mean “yes”. <p><i>Some psychologists call this period “crises of ages of 3”. What to do? Patience... soon child goes through it.</i></p>
4 years old	<ul style="list-style-type: none"> • Children may have fear of dark. • They can be anxious when they are separated from parents or caregivers. • Children enjoy playing with others. • Children like testing their limits. • Sex play (children are curious about how other children look and feel).
5 years old	<ul style="list-style-type: none"> • Children are curious how the world works. • Children start to cheat to win a game. • Children are able to share; however, sometimes this is difficult for them.

(Full version of social-emotional behaviour development is applied)

Factors which can also influence on your child’s behaviour:

1. Temperament
2. Fears
3. Self-esteem
4. Feeling sick
5. Environment
6. Television
7. Fatigue
8. Stress
9. Weather
10. Age
11. Other children
12. Seeking attention.
13. Poor language skills.

There are 3 steps which help you to handle your child behaviour:

1. What is happening here?
2. Why is it happening?
3. What can I do?

Positivity is important!

Positive parent/caregiver is the best role model. Some strategies can help you:

- Take care of yourself.
- Create family routines and rules.
- Help your child to understand his feelings.
- Try to talk to your child and listen to him carefully.
- Provide love and be consistent with your child.
- Try to be a good role example.
- Try describe children's behaviour and not the child.
- Try not to lose your temper and act as calmly as you can.

Never hit, hurt or abuse your child. When parents give negative attention and respond to behaviors with criticism or yelling, they influence on children's self-esteem and increase bad behavior over time.

Strategies how to change children's behaviour:

1. The best way to improve behavior is to give children a lot of attention when they are doing something parent/caregiver like and remove attention when they are doing something parent/caregivers do not like.
2. Try to appreciate child's good behaviour and use positive comments. For example, "you have been tidying up well and all toys are cleaned up".
3. Remind children about things several times because children might forget to do something.

4. Share your feelings with your child. For example, "I am upset because there is a big mess and I can not see my book".
5. Encourage children to use words to ask help or solve their problem.
6. Let your child know that you understand child's feeling (anger, sadness) and the reason for it.
7. Explain consequences of children's behaviour. For example, "Outside is very cold. What do you think happens if you don't have mittens outside?"
8. Establish consistent routines to help children feel secure.

When is red flag?

When child has:

1. Difficulty managing emotions.
2. Difficulty managing impulses.
3. Behaviour that does not respond to discipline.
4. Does not have social skills.
5. Poor self-regulations.
6. Bad language.
7. Behaving aggressively and violently.
8. Start to lie.
9. Start to steal.

There are many organizations and agencies what can help you.

Psychological help in Toronto

Adventure Place Child and Family Centre helps parents and children from birth to 7 years who are currently, or at risk of, experiencing behavioural, social, emotional, communication and/or developmental difficulties.

<http://adventureplace.ca>

Aisling Discoveries Child and Family Centre. This centre organizes the workshops for parents and children to help with anxiety and attention-deficit disorder.

<https://aislingdiscoveries.ca>

Michael Garron Hospital Child & Adolescent Anxiety Clinic

Michael Garron Hospital's (MGH) anxiety clinic specializes in evidence-based individual and group psychotherapy for children and youth up until their 18th birthday who have an anxiety disorder. Additional services include medication follow-up and computer-based interventions.

<https://www.tehn.ca/programs-services/mental-health-addiction/child-adolescent-mental-health/child-adolescent-mental-0>

SickKids Psychiatry

The SickKids Department of Psychiatry treats patients with complex mental health conditions through the Psychiatry Follow-Up Clinic (PFC) and/or psychotherapy programs. Services include the Psychiatry Follow-Up Clinic (PFC) as well as psychotherapy programs, including Cognitive Behavioural Therapy, Supportive Therapy, and Interpersonal Therapy.

<http://www.sickkids.ca/psychiatry/outpatient-program/Treatments/index.html>

The Gatehouse

The Gatehouse provides a safe, inclusive, and healing environment for those impacted by childhood sexual abuse. They provide a child-friendly environment, resources, and support enabling police and welfare worker interviews where child abuse is suspected.

<http://thegatehouse.org>

Child Development Institute – Child and Adolescent Services for Abuse and Trauma (CASAT)

CDI provides multiple services for children who have experienced sexual abuse or other interpersonal traumas, such as physical or emotional abuse, or exposure to domestic violence. Together with our community partners, our Child and Adolescent Services for Abuse and Trauma (CASAT) program works to improve the lives of children, youth and families affected by sexual abuse and trauma from ages 4 to 18 years. CASAT works collaboratively with families and other service providers to ensure that services are responsive to the diverse needs of individuals affected by sexual abuse and trauma and are based on research and established best practices.

<https://www.childdevelop.ca/programs/family-violence-services/child-and-adolescent-services-abuse-and-trauma-casat>

Mental health services for children and youth

This is a government provided list of ways to contact agencies as well as help-lines for children and youth.

<https://www.ontario.ca/page/mental-health-services-children-and-youth>

Anxiety Disorders Association of Ontario

ADAO is pleased to have helped those living with and affected by anxiety over the past 20 years. In that time, new resources and opportunities have arisen that we can use to improve our anxiety management programs.

<http://www.anxietydisordersontario.ca>

CAMH - Mood & Anxiety Service for Children & Youth

This service is for children and youth aged 6–18 years (and their parents/caregivers) who are experiencing mood and/or anxiety difficulties.

References:

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