

1. When your child wants to show you something, stop what you are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy.
2. Give your child lots of physical attention – children like hugs, cuddles and holding hands.
3. Talk to your child about things he/she is interested in and share aspects of your day with your child.
4. Give your child lots of descriptive praise when they do something you would like to see more of. For example, “Thank you for doing what I asked right away.”
5. Children are more likely to misbehave when they are bored so provide lots of engaging indoor and outdoor activities for your child such as play dough, colouring, cardboard boxes, dress ups, blanket tents, etc.
6. Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then prompt your child to speak politely (e.g. say “please” or “thank you”), and praise your child for their efforts (e.g. “Thank you for using your polite words”.)
7. Set clear limits on your child's behaviour. Sit down and have a family discussion on the rules in your home. Let your child know what the consequences will be if they break the rules. Rules should be few, fair, easy to follow, enforceable, and positively stated (e.g. Stay close to dad in the store; Use a pleasant voice; Wash your hands before meals.)
8. If your child misbehaves stay calm and give them clear instruction to stop misbehaving and tell them what you would like them to do instead. (e.g. “Stop throwing. Play with the truck on the ground.”) Praise your child if they stop (e.g. "Thank you for playing with the truck on the ground.”)
9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.
10. Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.