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For More Information
Call or Visit:

The Windsor-Essex County Health Unit

Windsor:
519-258-2146 ext. 1350
1005 Ouellette Avenue
Windsor, ON N9A 4J8

Leamington:
519-326-5716 ext. 1350
215 Talbot Street East
Leamington, ON N8H 3X5

Essex:
519-776-5933 ext. 1350
360 Fairview Avenue West, Suite 215
Essex, ON N8M 3G4

Toll Free: 1-800-265-5822 ext. 1350

E-mail: intake@wehealthunit.org

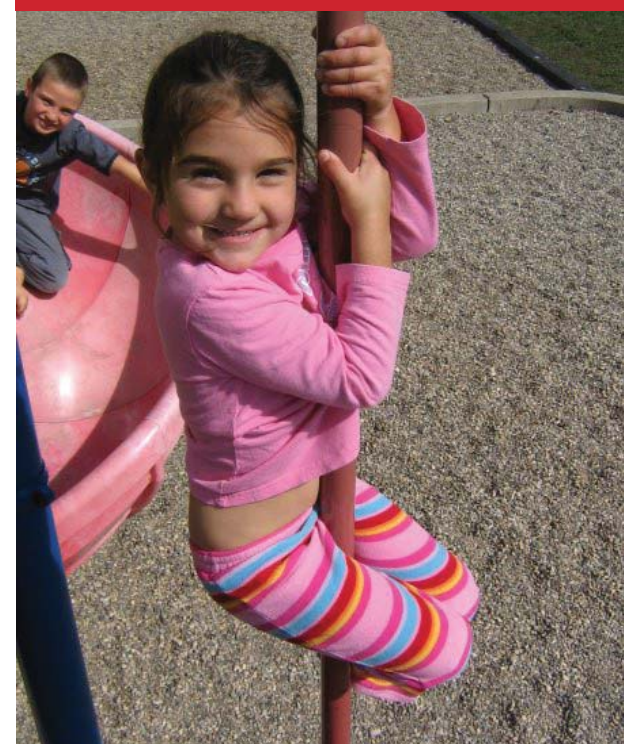
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Encouraging *Positive* Behaviour



Parents can help children feel good about themselves. Love and respect from parents encourages positive behaviour.

Children will feel better about themselves when:

- Parents teach children what is expected of them. “I need you to sit in the cart when we are shopping.”
- Parents spend time having fun with them every day.
- Parents learn how to deal with stress.
- Parents take care of themselves.

Reasons children misbehave:

- Parents expect too much.
- Rules are too hard to understand.
- Parents are not consistent.
- Children are hungry, tired, or upset.



Helping Children Behave:

- Make sure your child has regular snacks, meals, and is getting enough sleep.
- Provide a child-proof play area to reduce the number of times you have to say “No”.
- Plan activities for the day. Busy children tend to behave better.
- Supervise your child and step in before your child misbehaves.
- Distract your child instead of saying “No”. Example: Your child is throwing blocks. Say, “Let’s put a puzzle together.”
- Offer choices instead of making demands. Instead of “Put this on.” Say, “Would you like to wear your green shirt or your blue shirt?”
- Give some warning time. “We are going inside soon.”
- Stop children who hurt each other. Separate them. When they are calm, talk about the problem and how to fix it.
- Make rules that are easy to understand, and repeat them often.

Children behave better when they feel good about themselves.



Ways to help your child feel good about himself:

- Give lots of hugs and kisses.
- Praise good behaviour.
- Tell stories about when your child was a baby.
- Look at photos together and talk about how much your child has changed.
- Get your child his own library card.
- Have your child help with chores.
- Spend time cooking together.