

Practical Tips to Help Young Children “Behave”

- Very independent and want to do things on own so using a **timer** is helpful for everyday routines (i.e., brushing teeth, getting dressed, etc.)
- Can also sing, count while doing routines (i.e., finish brushing your teeth by the time I sing **any song**- also helps child learn nursery rhymes and songs which is very important for pre-reading)
- LOTS of **praise** when they do the “right” thing- ultimately much more effective than punishments and time outs! Notice when your child is doing something positive, and reward the good behavior. The **reward** for positive actions can be your praise, or it can be giving your child a big hug or kiss. For example, say, "I like the way you sat quietly and listened," or "That was good when you were so friendly to the child on the playground."
- Use **limited choices** for times you know might be difficult. For example, say, “Do you want to wear your red or blue shirt?” or “Do you want to brush your teeth in the kitchen or the bathroom?”
- Make a simple chart for **alternative behaviors** your child can do when he is angry or upset. For example, list three ideas, such as: squeeze a pillow, do body hugs, jump on a pillow. Add a picture for each idea.
- Be sure to give timely **warnings** when something is going to happen. For example, say, “We are leaving for school in five minutes.” or “In five minutes we have to start cleaning up.”
- Teach your child **feelings** words so he can identify them. It helps to say “I know you are **sad** now because you can’t (whatever), but instead you can (whatever)”. **Read** many books related to feelings and use a **simple chart** to help your child identify feelings. A few authors I like that address these issues are: Jamie Lee Curtis, Ed Emberly, Mercer Mayer, David Shannon, and Rosemary Wells

- Some good websites:

*Miriam Manela- The Thrive Group (She is an excellent therapist with very good and practical ideas. I studied with her for three days and her books and strategies are excellent for ALL children)

*NAEYC (I am a member and can send info when I get what seems important but might want to look up yourself)

- **Storylineonline.net** (books read by performers) Great for when you need a break and don't have to feel guilty about using computer- excellent books read by famous people!

- Kindergartenkindergarten.com
- Picturestem.org
- Pbskids.org
- Superscience.scholastic.com
- Peepandthebigwideworld.com (science related animated video series)
- Jr.brainpop.com (literacy, science, social studies)
- Starfall.com
- Starfall.club/kids-games.com
- Getepic.com (digital books all ages)