






# Noah's Inclusion Services

## CATCH YOUR CHILDREN BEING GOOD

Children can't behave and misbehave at the same time. So, the easiest way to reduce the amount of problem behaviour your children show is to increase their good behaviour.

What?	How/Why?	
Don't overlook good behaviour.	<ul style="list-style-type: none"> <li>Parents can get caught up being so busy looking out for misbehaviour that they overlook their children's good behaviour.</li> <li>Put a "Catch them being good" reminder sign for yourself on the wall of the family room or other parts of the house where your children spend a lot of time.</li> </ul>	
Keep a record of good behaviours.	<ul style="list-style-type: none"> <li>Keep a record of how many good things you saw them do during the day (simple tally marks on a calendar will do, or you could have a separate record for each child.)</li> </ul>	
Choose a behaviour	<ul style="list-style-type: none"> <li>Choose particular new good behaviours you want each child to show and look out especially for those behaviours.</li> </ul>	
Work as a team	<ul style="list-style-type: none"> <li>Encourage your partner to join in, seeing which of you can find the most good things the children do.</li> </ul>	
Use Technology for positives	<ul style="list-style-type: none"> <li>Help your children remember to do the right thing by catching them with a smart phone or camera. Look out for good things that you wish they did more often, e.g: <ul style="list-style-type: none"> <li>Billy and Suzie sitting quietly together watching TV</li> <li>Marie packing her toys away before dinner</li> <li>Print the photo, label it, then stick the photos up where your children can see them.</li> </ul> </li> </ul>	

**As they see themselves doing good things, so they begin to think of themselves as good children. Not only does it build self-esteem but also encourages them to do more desirable things. If they think, "I'm a good kid", then they will also think, "I do what good kids do" and do it, and "Good kids don't do that," and not do it. And that is what you want them to do.**