

Positive Reinforcement Information Sheet

Rewarding sociable behaviours - because rewards are constructive and encourage a child to repeat a behaviour. Punishment is destructive, it humiliates children and makes them feel powerless.

Setting realistic limits according to age and development - because as children grow and develop our expectations of them change.

Being consistent (saying no and meaning no) - because children need to know where they stand and it helps if they know that we mean what we say. Always explain why you have said no.

Encourage self-discipline and respect for others - because children need to grow into adults who behave appropriately even when there is no one to tell them what to do.

Setting a good example - because there is powerful imagery attached to role modelling therefore children are more inclined to imitate how we act than take notice of what we say.

Praise, appreciation and attention - because when children become used to receiving attention for desirable behaviour, they are less likely to seek attention through other means.

Building on self-esteem - because when the child receives attention, approval and praise they feel valued and is more likely to behave desirably. Shaming, scolding, hurting and humiliating children can make way for undesirable behaviours to occur.

Safe and secure environment - because children need to feel that no matter how difficult their behaviour is to manage, that love and support will be offered to them on an unconditional basis.