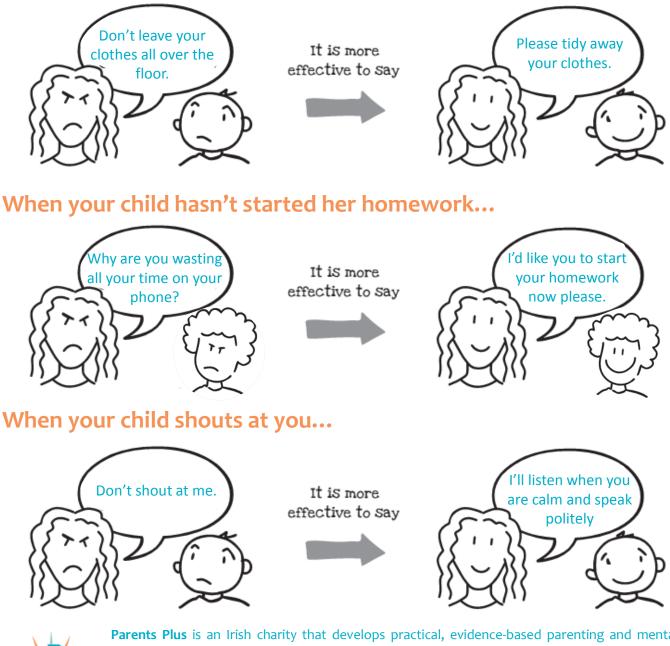
Switching DON'TS to DOS

When helping children keep important rules it is important to focus on the positive behaviour you want to see. Rather than saying 'Don't', it is more effective to use a 'Do' instruction that tells your child exactly what s/he can do instead. Here's some tips from the Parents Plus Children's and Adolescent Programme.

When you see your child leaving his clothes on the floor...





Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems. Parents wishing to attend a Parents Plus course should contact local services such as their Mental Health Services, Primary Care Team, Family Resource Centre, School or Childcare Committee who may have more information. www.parentsplus.ie.