

Remaining Calm by Thinking Positively

Often when we are in dealing with children's challenging behaviour our thoughts become negative which can influence how we feel about the situation and in turn how we act. One way to change this is to learn to change our thinking and to try to think in a more positive, balanced way. Here are some tips from the Parents Plus Programmes.

1. Become aware of your negative thoughts so that they don't take over.



2. Change how you think about a situation so you have a more balanced, positive view. This will lead you to have a more positive response.



3. Practice thinking positive thoughts. Write them down as an affirmation so you will remember them in difficult situations.

