

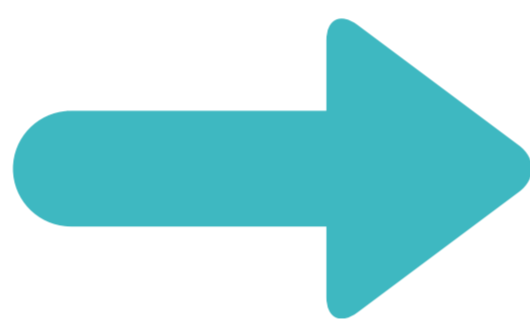
Switching DON'T to DO

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 they can do instead. Here are some tips from the Parents Plus Programmes.

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



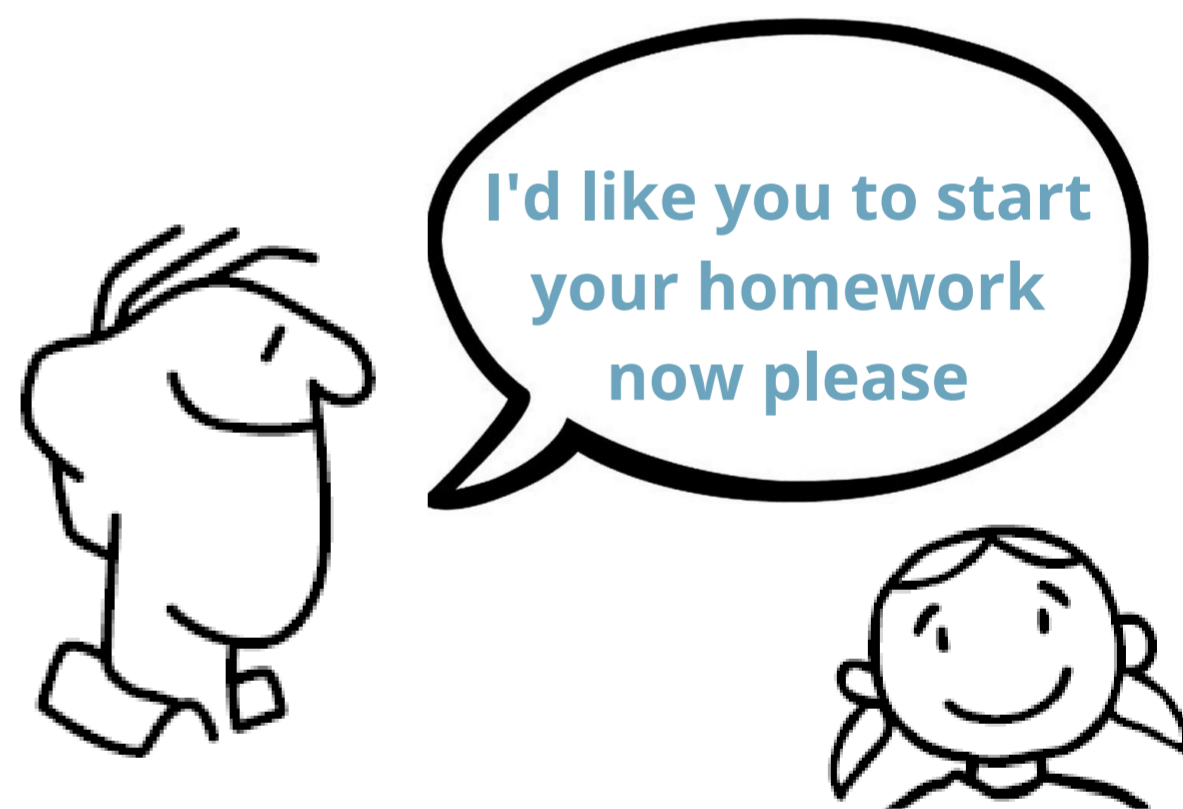
It is more effective to say



When your child hasn't started her homework....



It is more effective to say



When your child shouts at you....



It is more effective to say

