



## TIPS FOR MANAGING YOUR CHILD'S BEHAVIOUR AND THEIR WELLBEING WHILST LEARNING AT HOME

**Find your new routines.** Routines support behaviour and you will be finding a new rhythm for your family. You could share [this video](#) with your child. Talk to them to help them plan and make the most of their day.

**Look for the positives.** It is easy to focus only on the unwanted behaviours and spend time addressing those with our children. If we can also catch them doing things right and praise this behaviour, we're likely to get more of it. Could your daily routines include activities where your child is likely to make you proud?

**Model the coping techniques you are using.** Children are still learning to self-regulate their emotions and behaviours. It's likely that we will also face new challenges during this period: finding a new workspace, managing anxiety, being productive under new circumstances. Talk to your child about the struggles you face and how you are addressing them – and don't be afraid to be open about getting it wrong and trying a different strategy. Encourage your children to explain the approaches they are trying too.

**Please refer to the safeguarding page on our website should you require further information or contact the Safeguarding Team should you or your child(ren) benefit from additional support at this time.**