

Helping your child to manage difficult behaviours

The Importance of play in managing behaviour

Week 3

Who are we?

Amy

Emma



CONFIDENTIAL



Content



What's your experience of play?



Importance and benefits of play



Attending/Special Time



Benefits of Attending/Special Time



How to make special time most effective?

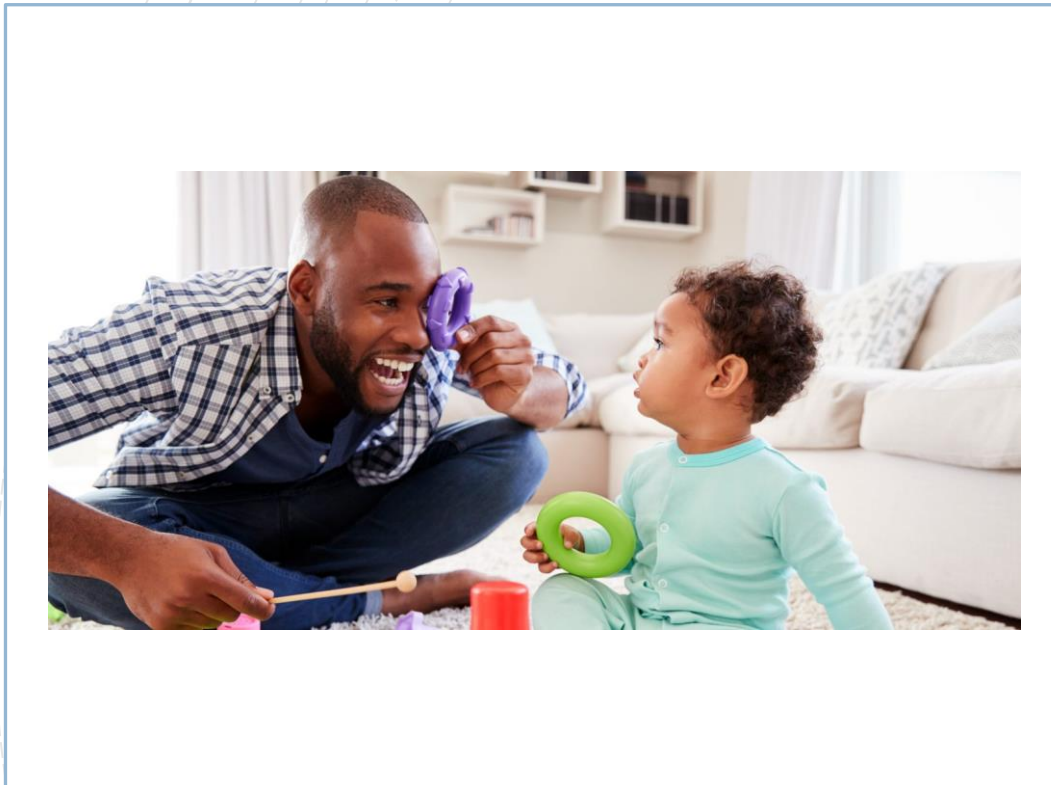
What is your experience of play with your child?

How do you experience this time?

What do you do with this time?

How do you think your child experiences this time?

Parents experience with play



Some parents say they avoid playing with their child because:

- They find it dull
- They don't think they're needed (e.g. they have a sister to play with)
- Play ends in arguments or disagreements
- They feel rejected by their child when they try to play with them

Do any of these resonate with you?

Benefits of play



Physical	
Cognitive	
Emotional	
Social	

Importance of play and behaviour

- Play is important, especially for children with behavioural difficulties, as often their relationship with parents can be affected.
- Play is an opportunity for you to have fun with your child, and to show them how nice it is to have your undivided positive attention
- Good times together and a positive relationship lay a strong foundation that will help you manage (and bounce back from) the difficult times

Playing together is one of the most effective tools for building strong relationships with your child.



Attending / Special Time



- Attending is a special form of child-centred play that makes the child feel very special and enables them to learn how good it is to get your **undivided positive attention**.
- Spend at least **10 minutes per day engaging in attending play** irrespective of difficult behaviour (use other consequences for this) to ensure that positives are always going in (attention bank!).

Special Time: Benefits



Increases
attention span

Increases
problem
solving

Aids play
development

Supports
self-esteem

Increases
creativity

More attention
to positive
behaviours

Opportunity to
have fun

Shows interest

How to make special time most effective



DOs

- Give your child undivided attention
- Allow child to choose activity and follow child's lead
- Show interest/ amazement/ empathy
- Comment on Actions, Emotions and Cognitions (ACE) – [next slide](#)
- Ignore minor misbehaviour
- Play for 10 minutes and give warning if necessary ([2 minutes before end](#))
- Be consistent (try to make special time at the same time each day)
- Praise good behaviours



DON'Ts

- Taking charge of the activity/changing the activity
- Giving commands
- Asking questions
- Teaching
- Criticizing
- Competing/competitive activities
- Putting yourself down
- Increasing the time of the play if they protest when play comes to an end

Descriptive commenting



Describe what your child is doing by commenting on their:

- **Actions**: e.g. *“you’ve got the red brick now and you’re balancing it on top of the blue one”, “You’re doing that really carefully”,*
- **Cognition**: e.g. *“You’re thinking really hard about how to fit that together”*
- **Emotion**: e.g. *“you look so happy with your tower, you have such a lovely smile on your face”, “You’re staying calm, even though it’s difficult”*



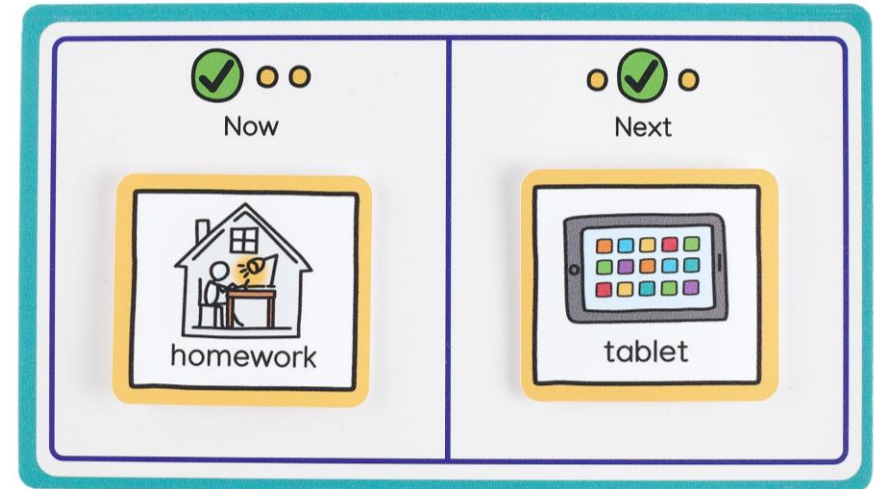
Some things to consider...

- Appropriate space and time of day?
- What toys/activities can we choose from?
 - Open ended
 - Encourage creativity (Blocks, crayons, and paper)
 - Age/developmentally appropriate
- How will siblings be occupied during this time? (ensure that siblings also have their own time to spend with parent!)
- It's often best to have a set time of day to use attending so it becomes a part of the family routine, if possible!

The key is: consistency and persistence !

Ideas to support your child's understanding

- Visuals and gestures
- Pauses
- Short, simple sentences
- Repetition
- Comments



Reflections



Any take aways from session/s?



One thing you might try?



Any questions?

Thank You!

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