



Parent to Parent Advice

- Friendly competition
- Tidy up music
- Use before and after photos when tidying
- Allow children to experience the consequences
- **Lead by example- no tech upstairs for everyone**
- If children don't want to talk about it– get them to draw it
- Have their attention before asking questions
- One task at a time
- Alexa Timer!
- **Explain actions = consequence and follow up**
- Go for a walk (together)
- **Adult time out!**
- Encouraging sharing-fairness
- Journaling helps children write about their day- then put it away
- Set timers- tidy up as much as we can in 60 seconds- (does this go here?)
- Help child with task at the start
- Backward chaining
- **Do your work at same time as your child- be occupied**
- Time limits for games
- Get all sides of the story
- Wait for the right moment
- **Create device free spaces- adults follow the example**
- Create conversations where you see things from others' point of view
- Choices- this or this! Gives a sense of control
- **Mind the tone of your voice- keep calm**
- I am allowed to ask you 3 questions about your day- a good debrief
- **Explain the reasons for keeping things tidy**
- Visuals- when the jar is full – we get a treat!
- Picture journaling- using emojis, drawing, prompts to express feelings
- **House rules for everyone- we're a team- we all have a job (set table, empty dishwasher, washing in basket, etc.)**
- Ask questions about their day- Was everyone kind to you today? Were you kind to everyone?
- To help children feel calm- Name 5 things – 5 things you can touch, 4 you can smell, 3 things you tasted today, 2 things you can hear and 1 thing you can see.
- Break down activities (I'll do these toys, you do those.)
- **Connect before you correct!**
- Ask children if you can help you do XYZ rather than ask them to help you
- Ask siblings to say something nice about one another after a falling out
- Count downs! 10 minutes, 5 minutes, 2 minutes
- Visual routines/timetables
- Knowing what the next activity is – now, next – helps with tidying too
- Remove game/devices until task completed
- Set expectations
- Monetize some jobs
- **Acknowledge their feelings – give them the space to express them**

Book Corner:

My Hidden Chimp by Prof. Steve Peters
The Huge Bag of Worries by Virginia Ironside
Beautiful Oops by Barney Saltzberg