

## Discouraging behaviour

### 1. Request or Instruction

The first step in discouraging behaviour you want a child to stop, is to communicate clearly what you want them to stop and what to do instead.

### 2. Distraction

One strategy which can work well with young toddlers is distraction, because they can get fixated on something and not understand yet why they can't do it.

### 3. Empathy

Empathy is one of the most powerful tools for helping them overcome selfish behaviour because they do have an innate ability to feel for other people.

### 4. Ignoring it

Because attention-seeking is one of a child's main drivers, withholding attention becomes the most powerful way of turning off behaviour we don't like.

### 5. Explanation of consequence

Make sure they understand what will happen if they keep doing something damaging, hurtful or dangerous.

### 6. Enforce consequences without a fuss

The most important aspect of enforcing a consequence is to do it without any emotion or drama. And give them a few moments alone to process their thoughts before checking in on them.

#### ***Tips for enforcing consequences:***

- *Agree them with your child in advance*
- *Plan ahead, make consequences realistic*
- *Natural Consequences*
- *Related Consequences*
- *Losing privileges*

#### ***Consequences that won't work:***

- *Physical punishment*
- *Teasing them*
- *Frightening them*
- *Embarrassing them*
- *Making them feel unloved*