



**Centre Famille et Ressource**

Bâtir le Succès de la Communauté, Une Famille à la Fois

**Family Resource Center**

Building Community Success One Family At A Time

## Home Management Strategies

- Children perform best under clear overt rules with frequent and immediate reinforcement.
- Rules should be clear, brief and to the point.
- Rewards and consequences must be intense to motivate the child, and realistic.
- Anticipation of activities to come is the key to prepare children with behavioural difficulties for transitions.
- Praise children for jobs well done, be specific.
- Teach organizational skills - make lists, planning calendars, practice time management skills, break larger projects into smaller tasks, use organizers, set up a self-reward system.
- Be firm and structure your household. Establish clear ground rules.
- Be prepared to accept the absent-mindedness of most children with behavioural difficulties. When you have to repeat directions or reminders say it each time as though it were the first time.
- Children may appear to be ignoring questions or instructions. Often children do not process multiple requests quickly or accurately. First make sure you have the child's attention before making a request. It may be helpful to have the child repeat what was just asked of them.
- Similarly, children have difficulty with sequencing. Ask them one thing at a time so that they do not become confused and overwhelmed
- Children with behavioural difficulties in particular, need routine and structure
- Be sure to punish behaviour and not the child
- Be consistent - same behaviour, same consequence

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- Remember to explain what you expect and why so the child understands the reasons behind their actions
- Remember that most children are visual learners – they need to see and experience something to learn it.
- Eye contact, voice (whispering is a great strategy) and using visual cues are ways of helping your child understand and keep interest
- Children often fidget/doodle as a way to concentrate- unable to sit still. Allow it.
- Use tools like computers, calculators, charts, and timers to make situations easier for you and your children.
- Allow buffer time to decompress for children who become angry.
- Encourage self talk (talk to yourself out loud) to help clarify thoughts and help to keep organized.
- Use role playing/family discussions in order to help your child express a situation they are facing
- Maintain a good relationship with their school and stay in regular contact with their teachers
- Help other members of the family recognize and understand the differences of each member/child
- Emphasize the child's strengths and teach them to take risks
- Encourage them to ask for help when needed
- BE THEIR ADVOCATES – Your child needs to see and feel that you are on their side.

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