

提倡良好的行为

无论是大人还是小孩，谁都不喜欢喋喋不休的说教，大喊大叫或是惩罚。以下是一些鼓励良好行为的建议，良好的行为可以使大家每天的生活更和谐。

合理安排，避免问题

- 设置有利于孩子培养良好行为的环境。例如设置和儿童高矮相符的衣帽钩和玩具存放柜，并将易碎物品收起来。
- 提供足够每人分配使用的物品和材料
- 仔细管理引导，及时发现问题并在孩子行为失控之前就改变局面

保持规律

- 建立每天例行的规范
- 让孩子对即将发生的事情有所准备。例如，“我们把玩具收起来后，就穿上衣服到外面去玩。”
- 确保孩子有营养充足的膳食点心
- 不要让孩子看太多电视或太长时间没有活动

确定什么可以讨价还价，什么不可以

- 设定适用于每个人的简单，固定，明了的限度
- 一旦确立了限度，就要坚定地实行
- 在限度允许的范围内，让孩子自己做符合他们年龄和实际情况的决定

使用积极正面的语言

- 身体力行地向孩子示范你所期望的良好行为
- 告诉孩子应该做什么而不是告诉孩子不该做什么：例如“在室内要轻声说话”。避免过多使用诸如“不”，“不要”或“停止”等字眼
- 让孩子知道你喜欢和他们在一起，微笑，看着他们的眼睛，常叫他们的名字，拥抱并使用鼓励性的语言
- 把你的声音当作教育工具，讲话要做到缓慢，平静，清楚且直接
- 让孩子知道你注意到了他们好的行为。正面的反馈能起很深远的作用。

关注孩子的感受

- 注意聆听孩子的话以及行为里所表露出来的感受并同孩子讨论：“听起来，你的感觉是...”
- 记住，孩子就和大人一样，有时孩子只是暂时心情不好，这没有关系

反思你的态度

- 了解孩子不同年龄阶段的行为特点，并以此为依据来判断一个孩子可能会)如何举措
- 选择你喜欢的活动和孩子一起玩。热情是可以传染的
- 了解你自己承受的压力，照顾好你自己

本资料采自Janice MacAulay, Jane Fox 和Cindy Helman的Caregiver Training, a collaborative training program of the Family Resource Services Group and Home Child Care Agencies of Ottawa-Carleton

Promoting Positive Behaviour

No one likes nagging, yelling and punishing, neither adults who do it nor children who are on the receiving end. Here are a few ways to encourage the kind of behaviour that can make the day go more smoothly for everyone.

Organize to prevent problems

- Organize the environment to make it easy for children to do the right thing. For example, install coat hooks and toy storage shelves where children can reach them; put away breakables.
- Provide enough appropriate supplies and materials for everyone.
- Supervise carefully, be observant and act to change the situation *before* behaviour gets out of control.

Keep a routine

- Establish some structure and routines throughout the day.
- Prepare children for upcoming activities. “After the toys are put away, we’ll put on our jackets and go outside to play.”
- Make sure that children have nutritious snacks and meals.
- Avoid too much TV or any long periods of inactivity.

Decide what’s negotiable and what’s not

- Set simple, firm, clear limits which apply to everyone.
- Once you’ve set the limits, stick to them.
- Within the limits you set, allow children to make choices that are appropriate to the situation and to their ages.

Keep your language positive

- Show children how you want them to behave by setting a good example.
- Say what *to do* instead of what *not to do*: “Use your quiet voice in the house.” Avoid overuse of words such as “no”, “don’t” and “stop”.
- Show children that you like being with them: smile, make eye contact, call them frequently by their name and use words of encouragement and hugs.
- Use your voice as a teaching tool. Speak slowly, calmly, distinctly and directly.
- Let children know you notice when you like their behaviour. A little positive feedback goes a long way!

Pay attention to feelings

- Listen for the feelings behind children’s words and actions and reflect them back: “It sounds like you’re feeling”
- Remember that, just like adults, children sometimes have a bad day and that is okay.

Examine your attitude

- Know what behaviour is typical for different ages. Let this guide you as you decide what you can reasonably expect from a particular child.
- Choose activities that *you* enjoy and do these with children. Enthusiasm is contagious.
- Be aware of your own stress level and take care of yourself.

This resource sheet was adapted from material developed by Janice MacAulay, Jane Fox and Cindy Helman for Caregiver Training, a collaborative training program of the Family Resource Services Group and Home Child Care Agencies of Ottawa-Carleton.