

提倡正面的行為

沒有人喜歡嘮叨、大聲喊叫及處罰；大人不愛做孩子也不愛受。這裏有一些方法可提倡正面的行為，幫助每個人的一天過的舒服些。

規劃整理來避免問題

- 規劃環境，讓孩子容易做正確的事情。例如：裝置孩子能摸得到的外套的掛鉤及玩具儲藏架；將易碎物品放置其它位置。
- 給予每個人足夠、適當的器具及用品。
- 妥善的監督，觀察及在行為失去控制以前做即時的變動。

保持例行活動

- 在一天當中實行一些有規劃的例行活動。
- 在活動開始前幫孩子準備好。“把玩具收好以後，我們就穿上夾克到外面去玩”。
- 確定孩子們吃有營養的點心及餐食。
- 避免看太多電視節目或在任何長時間內缺乏活動。

決定什麼可以商量，什麼不可以商量

- 訂下每個人都需遵守的簡明、堅定、清楚的規定。
- 一旦您做出了規定，就應遵守這個原則。
- 在規定的範圍內，讓孩子可以為不同的情況及年齡做適當的選擇。

保持正面的語言

- 為孩子們做個好榜樣，讓他們知道您希望他們如何表現。
- 說做什麼而不是不要做什麼：“在家裏用你安靜的聲音喔”。避免過度使用一些語言像“不行”、“不可以”、“停止”。
- 向孩子們表現出您喜歡跟他們相處在一起：微笑、做眼部的接觸、時常喊他們的名字及使用鼓勵性的語言與擁抱。

- 以您聲音為教導的用具。以緩慢、平靜、明晰且直接的方式來溝通。
- 當您喜歡孩子們的行為，告訴他們知道您注意到了。一點正面的回應有意想不到的效果！

注意他們的感覺

- 注意孩子們語氣中表現出的感覺且對此作回應：“聽起來你好像覺得…”
- 記住，像大人一樣，孩子們有時也會有不好、不順利的一天，那是沒關係的。

注意您的態度

- 了解在不同的年齡有什麼常有的行為。在您決定哪個孩子的舉動是正常時，以此做為指南。
- 選擇您喜歡的活動，與孩子們一起做。喜愛的事物是會感染的。
- 了解您壓力的程度，關心您自己。

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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.