

Behaviour Management Policy

My setting is a happy place where children learn and play in a positive environment. In order to make each day as enjoyable as possible I encourage good behaviour in all my children.

Children are made aware of my house rules and are encouraged to follow them each day. I remind children of how I expect them to behave and before beginning any activity or outing children are given an idea of what is expected of them and what they should do to stay safe and to make the experience enjoyable for everyone. (This will also highlight any behaviour that would be dangerous or unacceptable but the emphasis will be on encouraging positive behaviour.)

My house rules:

We look after ourselves and each other

We are kind and gentle

We take care of the house and our toys

We say please and thank you

We share and include everyone in our games and activities

We are tidy and clean

We listen, learn and have fun!

I always promote positive behaviour and here are some of the ways I can achieve this:

- Praising good behaviour and giving them plenty of attention
- Listening to all children and encouraging them to do the same
- Establishing a set routine
- Setting a good example and being a responsible role model
- Having realistic boundaries according to each child's unique development level and age
- Being consistent with my rules and making sure children accept and understand these rules
- Making rules and expectations clear and achievable – Effective communication
- Rewarding acceptable behaviour e.g. with sticker charts, letting them choose the next activity and with plenty of verbal praise
- Encouraging self-discipline and respecting others
- Making sure parents are on the same page when it comes to what is acceptable and unacceptable and how behaviour is managed

Most of the time children will be having a good time and feel secure in the comfort of having a steady routine with consistent rules; however sometimes children do exhibit unwanted behaviour as part of their development. These are some strategies I use to encourage more acceptable behaviour:

- Ignoring unwanted behaviour (as sometimes they are trying to just get a reaction) and praising acceptable behaviour
- Distraction e.g. taking the child to another toy or activity
- Removal i.e. taking the child away from one activity and encouraging them to try something else
- Discussing and explaining why their behaviour is not appropriate
- Problem solving – this can avoid the situation escalating

- Time out (as detailed below)

Children will be continuously praised for good behaviour and while I will try to initially ignore unwanted behaviour, it will be addressed so that the child knows that it is not acceptable. Staying calm and dealing with behaviour in a controlled manner will help the child to understand what he/she is doing wrong and learn to behave in a more affective way.

I will never smack, hurt, shake or use any physical force on your child. I will never make your child feel embarrassed or humiliated.

If a child's safety depends on it I will physically remove them from the danger if necessary. E.g. if a child is about to run into the street I will take their hand and pull them back.

If I take the children on a trip or if I have visitors in my home, I am the only one that will discipline your child.

I will let parents know about any events in the day where a child has misbehaved or if I have had to use any of the above strategies. Any more serious events will be logged e.g. if children had a fight, and parents will sign this in the incident book.

Parents must also sign the incident book on collection if I have had to physically intervene.

It is essential to work with parents and keep the expectations we have of our children consistent and realistic. Rules should be as similar as possible in the home as in their childcare setting.

It is important that children have consistency so I aim to work with parents to ensure that the same ideals are seen at the child's home and while at my house. I encourage an open relationship with parents so we can discuss each child's day-to-day experiences regularly. If a child is having particular problems we can work in partnership to make sure he/she has all the support they need to develop and move on.

If a child is struggling to behave in an acceptable manner I will work with the parents to see if there is an underlying cause and I will put in place systems to encourage acceptable behaviour. For example, reward charts where a child will receive a sticker for displaying positive behaviours and once he/she has a certain number of stickers he/she will receive a small reward.

I expect parents to let me know about anything that may have happened at home that may affect the child's behaviour, and in turn I will do the same at the end of the day.

If there are any big life events going on, it is great to share it so that I can support the child and make sure he/she knows we are all on their side.

A healthy and happy child's mood and behaviour does vary throughout the day and there are many factors influencing this. This is why a healthy, balanced diet with controlled sugar will help a child feel calm and able to concentrate. Never letting a child get too hungry should also help him to stay at a level mood.

Boredom can also contribute to less desirable behaviour so ensuring the children are actively stimulated with plenty of variety when it comes to their play is crucial.

A busy day will also make children tired so I will make sure each child has the opportunity to take a break if they need to. My house has lots of areas where they can get comfortable and read a book or reflect on their day. I also have a quiet room for younger children to nap if they would like to.

Time out technique:

- *I will explain to the child why their behaviour is unacceptable at their eye level*
- *I will tell them that if they continue the behaviour they will sit on the reflection seat to think about how they are behaving.*
- *If they continue the behaviour they will be taken to the reflection seat, told why they are there and told to stay there for the number of minutes of their age i.e. a four year old will stay for 4 minutes. There will be paper and a pencil available for older children to write down their feelings.*
- *If a child gets up from the seat before the time has passed they will be put back there and the timer will start again. This will be repeated until the child has reflected for the full length of time.*
- *At this point I will explain again why they have been told to reflect on their behaviour and ask them to apologise. If they have written down anything they would like to share then this is the time otherwise the child will be encouraged to go back to an activity.*