



TOP TEN TIPS TO

SUPPORT POSITIVE BEHAVIOUR



Barnet Early Years SEND Advisory Team is committed to supporting early year's settings to move to more inclusive environments for children with a variety of special educational needs and disabilities. This Document has been produced by Barnet Early Years SEND Advisory Team



Top Ten Tips to support positive behaviour

1. Be a detective

Be a detective; all behaviour is a form of communication! Unpick children's behaviours with parents to carefully analyse what the child is trying to communicate through their behaviour. STAR Charts and ABC Charts can be a useful way of doing this. Analyse triggers for challenging behaviour and put support in place to minimise these in the future. Think about when the child is displaying positive behaviours and how you can help them emulate this.

2. Ensure the environment is developmentally appropriate

Ensure the environment is developmentally appropriate. Consider your expectations, planning, routines, resources, activities and equipment; children's developmental stage rather than chronological age needs to be considered.

3. Create clarity and consistency

Create clarity and consistency for staff, children and parents. Are all staff, including agency staff, clear about expectations for behaviour? How do children and parents know what these expectations are? Remember, being consistent doesn't mean being inflexible or taking a 'one size fits all' approach to behaviour.

4. Well established routine

Ensure that there is well established routine that fits the needs of the current cohort. Routines need to be consistent without being rigid. Are children being expected to sit for too long?

5. Consider how you communicate with children

Consider how you communicate with children. Have they understood the expectations? Are they clear about what you do want? Have they had time to process this and carry it out? How are children prepared for changes/transitions throughout the day and changes in staffing?

6. Ensure lots of opportunities for outdoor play

Ensure lots of opportunities for outdoor play and physical activity. This can reduce stress, anxiety, frustration and increase the 'feel good factor'. The NHS recommends that children have at least 180 minutes of physical activity spread throughout their day (some children need more).



7. Ensure a supportive team culture for staff as well as children

Ensure a supportive team culture for staff as well as children. Working with a child who is displaying some challenging behaviours can be stressful. Do staff have regular time to reflect and talk about it?

8. Try and be as positive as possible

Try and be as positive as possible, even when it can feel challenging to be. 'Catch' children being 'good'. Is attention focused on positive behaviour? Celebrate children's successes with them, the team and with parents.

9. Do the children have a 'safe base'?

Do the children have a 'safe base'? Carefully consider the relationships between the key worker and child. Do they have quality and positive time together? Is there a 'safe' and comforting area in the room such as a pop up tent or a bean bag? Are staff showing empathy and communicating this to the child?

10. Teach and reinforce positive behaviours

Teach and reinforce positive behaviours and develop children's ability to manage their feelings. Are staff modelling these? Some behaviour needs to be taught and practised e.g. with puppets, using stories etc..