

Guidelines on Children and Behaviour worksheets

When we hear the word “behaviour” many of us think of “misbehaviour”. This series of worksheets, seven in total, begins by focusing on encouraging children to behave well and then deals with misbehaviour.

The first worksheet shows a family where the children misbehave to get their parents attention. This happens when the parents don't pay attention to the children when they behave well. The message of the first three worksheets is: *whatever you pay attention to will increase in quantity and quality.*

The four remaining worksheets deal with misbehaviour. Worksheet 4 looks at **how** and **why** children misbehave. Worksheet 5 is a questionnaire on behaviour to help parents pinpoint the areas of their children's behaviour which need to be worked on. Worksheet 6 looks at how parents react to misbehaviour and Worksheet 7 gives helpful tips.

These worksheets are suitable for parents with children of all ages. Individual parents or groups of parents working together can use these worksheets. The questions at the end of the worksheets are meant to engage parents in discussion.

The basic message from these worksheets is that children need attention and will go to whatever lengths to get it.

