

## Trouble Shooting Guide for Parents

*When your efforts to change your child's misbehaviour do not seem to be effective, ask yourself the following questions:*

1. Have you been clear in stating the behaviour you want
2. Have you been assertive with telling your child what you expect?
  - Eye contact
  - Child's name
  - Gesture or touch
3. Are you "catching them being good" and using cuddles, compliments, praise and encouragement?
4. Are you consistent with your consequences each time your child misbehaves?
5. Are you sure your child dislikes the consequences? e.g being sent to your room may be fun if there are toys or computers there.

