
It's all about RESPECT

CHILD CARE & PARENTING

March 6, 2012

MAIN IDEA

- As adults we have to create rules, rewards and consequences that foster emotional and physical safety for the kids in our care
- This means that they consistently see that the **SAME RULES APPLY TO EVERYONE, NO MATTER WHAT**, including adults with each other
- There is a **temptation to let some instances of misbehavior go** when we know someone isn't feeling well, is tired, or that something is going on at home or school, or maybe just that they have already got into trouble so many times that day, you just want to give them a break -> **This actually INCREASES the child's anxiety** and agitation because **now they don't even know what the rules/ expectations are** and they are more likely to escalate and act out!

INTRODUCING AND BEING CLEAR ABOUT RESPECT

1. Create "**DO's, DON'Ts & CONSEQUENCES CHARTS**"
 - Can use the laminated poster boards for this and the dry erase marker, a flip chart, regular poster board etc
 - Get the children to share their ideas of what desirable behavior would be (aka DO's) and add your own
 - Ask them to share what the DON'Ts would be (undesirable behaviors; draw from your experiences with the kids in your care to add your own)
 - Invite them to come up with reasonable CONSEQUENCES
 - You will need to guide them for this, see handout for guiding principals
 - **Ideally, you go through this at the beginning of everyday from scratch**
 - They will be more engaged and retain more if they are creating the content daily than if you are just reading of a chart you made last week
 - They will also be more likely to follow through with the consequence with less of a fuss when you remind them that these are the rules and consequences they came up with on their own
 - You want these to be in a **VERY VISIBLE place** in the room or house
 - You want to refer to them often, as much as possible by **cueing kids to redirect themselves by asking:**
 - **Is that a DO or a DON'T? What is the CONSEQUENCE if you keep making that CHOICE?** (if kid doesn't answer, cue one of the others to answer for them and praise or reward them for their helpful behavior/ good choice)

Suggested DO'S

- Use our MANNERS
- Use POLITE WORDS & TONE
- Keep OUR HANDS & FEET to OURSELVES
- Use our LISTENING EARS
- ANSWER when spoken to
- WAIT OUR TURN
- TELL THE TRUTH
- TAKE RESPONSIBILITY FOR OUR CHOICES
- SHARE and be HELPFUL
- STAND UP FOR OURSELVES & OTHERS
- BE GENTLE with our own and others things
- INCLUDE each other
- Use ENCOURAGING WORDS

Suggested DON'TS

- Name call, swear or use a rude tone
- Fuss or Whine (use normal words)
- Hit, kick or damage people's things
- Ignore people (can even say I don't feel like talking right now thank you, but you still answer)
- Interrupt (unless its an emergency)
- Lie
- Blame others
- Exclude others
- Be discouraging or a bug

See Next Handout for Creating Consequences

- ➔ Can do use a FAMILY RULES POSTER for older kids

