High level of noticing

Do you find your children are wanting attention?

Children who do things to gain attention probably need it.
So try giving it to them but only when they are doing the right thing. Catch them being good!

- Check in with them frequently – 'Hi Jason how are you feeling?'
- Give them jobs to do at home– 'Will you be my helper today?' 'Will you wash the dishes?'
- Give them responsibilities – 'Will you water that plant for me every day?' 'Will you feed the cat every morning?'
- Ask them to help others – 'Will you help your sister to get her teeth brushed?'
- Have a date every day for 10 minutes where you do something nice together. Give them your undivided attention – read a book, eat cake, sing a song, colouring, play a game or play with toys.
- Notice the good and ignore the not so good!
- Reward the good by telling them! 'You were fabulous, you cleaned up your room!'
- Agree on some secret signals between you and your child when you are happy with them– 'Thumbs up', 'wink', smile etc.

ELSA support