

# What's Behaviour?

The way we **behave** with other people and how we deal with emotions is all part of our social and emotional development.

These are really difficult things to learn for children and teenagers: **that's why routines are so important** in families.

Routines **create security** as they help children to understand what will happen next and give a **sense of order**



## Encourage positive behaviour

Children, teenagers and even adults need boundaries. Boundaries allow us to feel safe and give us guidance on how to behave in different situations. Here are some useful tips:

- **Praise** your child's good behaviour by saying what they have done well
- Set **reasonable and responsible rules** and boundaries with your children
- Help your child to **name their emotions**

### Children from 0 to 5

Use or make **puppets** together. You can use them to talk about feelings, being active, eating well. Use different voices for the puppets and be creative and imaginative together!



### Children from 6 to 11

Ask your child to **draw cartoon characters** and use different facial expressions to represent the character's feelings.



### Teens from 11 to 15

Make a regular **screen break chart** together for your household to follow. Write down how much time you spend on screen and how often you take a break. Who will be able to use the screen the least in your family?



### Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

