



Lead By Example

We teach our children more about all sorts of topics with our behaviour than our words. If we shout, swear, and break things, we can't blame our children for doing the same.

- Keep a positive attitude – think, act and talk in an optimistic way.
- Lead by example. Never physically or verbally harm, bully, tease, or intimidate others
- Teach children to treat others with respect and kindness
- Role model appropriate ways to deal with angry feelings:
 - Co-operating
 - Staying calm when we're angry
 - Checking all the facts before we act
 - Reacting in a way that's appropriate to the situation
 - Listening to other people's points of view
 - Let your child see you using words and problem-solving to sort out conflicts.
- Never excuse rough or violent behaviour by saying things like 'Boys will be boys'.
- Show how to talk about angry feelings and how to express those feelings appropriately. For example, "I'm really angry that you didn't tidy your room like you agreed to. I'm going to go take a break for a few minutes and then I would like to talk about it with you."
- Model positive relationships by being respectful and not aggressive when interacting with others. We can all think carefully about how we talk and how we handle conflict and problems. If we behave aggressively or get violent, particularly in front of our children its likely they'll follow that example.
- When conflicts arise in our own life, we should try to be open about the frustrations we have and how we cope with your feelings.
- Take responsibility for yourself by admitting your own mistakes and talking about what you might do differently to avoid the same mistakes in the future. Try not to blame everything that goes wrong on other people or circumstances.
- Try to do the things we say our child should do. They will notice when we don't!