

Parenting Tips
from
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Attention Seeking

Attention seeking is the most common type of misbehaviour in children. Attention seeking behaviour is hard to ignore but constantly responding to it unfortunately encourages it.

If you are unsure whether your child is being an 'attention seeker', ask yourself, "would this behaviour stop if I ignored it"?

Once you recognise when your child is 'attention seeking' you might find the following tips helpful:-

- Ignore – if necessary correct your child but in a low key manner to give the behaviour minimal attention.
- Positive attention – try to pay attention and praise your child for their positive behaviours such as playing nicely, 'catch your child being good'.
- Feeling useful – thanking your child and letting him or her know how helpful they can be encourages positive behaviour.
- Spending time – enjoy your child's company. Read, play, chat or just relax together.

Children need positive attention to thrive so it is important to notice and respond to positive behaviour and to pay little or not attention to poor behaviour.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow