



## Tips for Managing Children's Behaviour

### Grandma's Rule

Using Grandma's Rule teaches your child to carry out their responsibilities and not keep taking them on yourself.

This rule simply says that a less preferred activity must happen before a more preferred activity is allowed eg first you work and then you play.

Here's some examples:

- First you tidy your room and then you go outside and play.
- Pick up your toys and then you can watch TV.
- When you've done your homework then you can go on the computer.
- When you've washed your hands you can have dinner.
- When you've finished your vegetables you can have ice cream.
- After your bath you can have a story.

These examples are **not** Grandma's Rule but are **bribery**:

- You can have chips now as long as you are good at the shops.
- You can play with your friend now as long as you tidy up later.