

# Setting Children up for **SUCCESS** series

## **HANDOUT: WORKSHOP 7, HOW TO BUILD BETTER BEHAVIOURS**

A totally practical presentation designed to beat the typical home trouble spots; breakfast, getting to school on time, organisation, the awful after school moods, getting chores done and how to deal with conflict, bedtimes, friendships and bullying.

This presentation is based on Chapters 3 and 4 from Mark's latest book – **Parenting Tough Kids: Simple Proven Strategies for Success**



At the heart of Mark's internationally popular book – now sold in 5 countries – is a healthy collection of winning ways to bring about helpful organisational and behavioural changes for all children, especially those who 'do it tough'; who learn differently, react differently and think they can't.

Filled with easy to read case studies, and real ideas useful to every mum and dad this refreshing approach keeps the focus on building improved structures and relationships, rather than becoming stuck and seeing a son or a daughter as 'the problem child'. Every mother and father needs to know how to steer their child towards effective ways to:

- improve memory and organisation
- deal with anger
- build better before school and after school routines
- get homework and chores done more easily
- keep to a bedtime, stay in bed and get to sleep
- create friendships and deal with school bullies
- build their emotional resilience

Parenting Tough Kids delivers simple proven strategies to improve the behaviour, organisation, learning, friendship & emotion of all children. *"Parenting is more than just knowing what to do. There's such a fine line separating parents who know the answers, compared to those who know the answers, but can't put the skills into place when under pressure. When under pressure many admit to falling headlong into the obvious parenting pitfalls, even though they know all about them. Most blame their runaway emotion which is driven by their love for their children."*

## **How to build better behaviours, overview**

- designing better before school routines
- redesigning the tricky after school moods
- help with evening organisation
- chores and pocket money
- What have your children got? A bedroom or a games parlour?" Is that working?
- cleaning up their bedroom
- a simple way to survive watching a movie together
- stop the schoolbag dump
- how to regulate bedtimes and sleep
- support children's friendships
- dealing with bullying

## **What matters most?**

This down-to-earth presentation is designed to beat, or at least relieve, many of the typical home trouble spots. Its aim is to present ideas that will help you introduce stronger structures, routines and more cooperative patterns of interaction. My advice is to experiment with the ideas you think will work most easily. Pick up one idea at a time, develop it so that it's working and gradually expand your repertoire by introducing another new idea. Approaches can always be reworked as new challenges emerge, and never underestimate the power of engagement that pure novelty value possesses! Your planning and ingenuity will eventually result in your child's old, unsuccessful patterns of behaviour being replaced with new improved ones. Whether you are attempting to improve before school organisation, your child's contributions around the house or lift after school moods, keep in mind that the quantity of improvement you want is linked to the quality of interaction you have with your child. More than anything else, a loving relationship is what enables cooperative behaviours to be reshaped. The benefits arising from a quality relationship are remarkable. They provide the scope for everyone to make mistakes without causing a catastrophe, to allow the word 'sorry' to be exchanged more freely and offer us a little more leverage to influence our children to change behaviours that are not working for them.

## **About Mark**

Mark is a teacher, author and conference presenter. He regularly presents at workshops and conferences for public and independent schools, parents and interested groups throughout Australia and overseas. Mark works in private practice at FULLARTON HOUSE Adelaide, South Australia providing mentoring, educational advice, academic remediation and social skills training for children and teens.

FULLARTON HOUSE is a multidisciplinary group of professionals who support young individuals who are learning to cope with ADHD, learning difficulties, autism spectrum disorders (Asperger syndrome), giftedness, auditory processing disorder, depression, mood disorder and so on.

In 2006 Mark co-authored **STOP & THINK Friendship**. This is a social skills resource - workbook and film - published by ACER for primary-aged students and young adolescents. In 2004 Mark wrote **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour**. It was written for teachers, school support personnel, counsellors, psychologists and health professionals and is distributed throughout Australia, New Zealand the United States, the United Kingdom, Ireland and Singapore. This best selling book addresses common problems that face many students: organisation, remembering, perseverance, self-awareness, motivation and emotional resilience. **Parenting Tough Kids** is Mark's latest book. Within the first nine months of release 6,000 copies were sold. It is now into its third reprint. **Parenting Tough Kids** is available from leading Australian bookstores (ISBN: 9780975231210).

To preview or purchase **Parenting Tough Kids** or **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour** go on-line to [www.marklemessurier.com.au](http://www.marklemessurier.com.au)

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