

## How shall I practice?

You could practice this during your 'special time' (see the *Special Time* information leaflet).

Sit on the floor with a number of toys that your child has chosen and simply practice attending to your child. If your child demonstrates undesirable behaviour try hard to ignore it (see the *Planned Ignoring* information leaflet).

For the greatest chance of success use the five areas of attending alongside other positive interactions such as:

- Praise
- Smiling
- Giving positive touches (cuddles, strokes)
- Ignoring minor negative behaviours
- Imitating the sounds that your child makes during play (animal, transport sounds)

Remember to avoid:

- Giving any instructions
- Giving any directions
- Asking any questions
- Teaching
- Criticising
- Saying "no"

These will interrupt your child's play.

Once you feel confident attending to your child, you can use these skills in all situations.

Portage information leaflets support children's behaviour as part of a devised Portage programme.

Other leaflets are available from your Portage Home Visitor:

- Effective Instructions
- Positive Behaviour Management
- Positive Parenting
- Praise and Rewards
- Planned Ignoring
- Special Time



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Attending

Information  
for parents