



Coping with negative attitude

It is sometimes hard to step back a little in the face of our child's negative attitude. This can become complicated when you are also the Home Tutor. Here are some steps you can think about and use.

1. Identifying Attitude

Some ways in negative attitude may be shown.

- Work refusal
- Wasting time
- Disruptive
- Cheeky

2. Dealing with Attitude

- Don't overreact.
- Walk away and reflect on what is happening.
- Time out. This can be as simple as taking a break, or can be part of a behaviour management plan.
- Provide incentives. Everyone loves a reward. This could be a hug or "well done" or be part of a reward system. This may require steps to occur before a tangible reward is given. Your child's teacher can help you with this.
- Voice tone. Your voice tone can give a message to your child, without requiring any other action. Lighten your tone if you feel the situation is beginning to go "downhill". Maybe a sharp reminder may be enough in a different situation.

3. Improving Attitude

- Set boundaries.
- Negotiate class rules.
- Chunk the work.
- Use your mobile to set class times.

4. Ideas from Home Tutors

- Go outside, go for a walk.
- Catch kids being good.
- Don't save positive feedback for perfect behaviour.



How to change self-talk

Negative self-talk

I can't! This is stupid!
I'm dumb! It doesn't matter!
It's boring! There's too much!

Positive self-talk

I can ask Mum or Dad.
I can try again.
I'll look at this bit first.
I'll do what I can then get help.
One step at a time!

Secret self-talk translations

My inner critic	What I'm really thinking	Positive self-talk
This is boring – done this before.	It might be hard. I don't want to look at it.	I'll look at this bit first. It was tricky before – I can try again.
This'll take too long!	How can I organise this?	I can plan this by ...
This is stupid!	I don't understand it.	I'll get Dad to read some to me.
Why do we have to do this?	I don't know this.	I'll do what I can then I'll get help.
I don't like this.	This is really new – I'm not sure about it.	To start with I'll listen – one step at a time.