

6 TOP TIPS ON GENERAL BEHAVIOUR AND EVERYDAY SITUATIONS

- 1.** **Help your child to develop self-understanding** about their needs and what works for them.
- 2.** **Use positive role models** (e.g. celebrities with SpLD) to help boost confidence and self-esteem.
- 3.** **Honestly acknowledge the difficulties being experienced.**
- 4.** **Listen to your child and respect their needs and their way of seeing the world.**
Children and young people with SpLD can often experience feelings of frustration and anger, resulting in behavioural issues. Be aware of this and look for the root causes of challenging behaviour, showing patience and empathy.
- 5.** **Boost your child's self-esteem** by encouraging them to spend time doing the things that they enjoy and feel good about.
- 6.** **Try to provide a safe, quiet area for your child to go to** if they begin to feel anxious.

