

Keeping It Positive

Working at home with children around can be tough. Children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right

Say the behavior you want to see

Use positive words when telling your child what to do

Instead of saying:

'Don't' make a mess'

'Stop playing video games'

'Don't scream when I am on a call'

Say:

'Please put your clothes away'

'Let's take a break now'

'Please keep quiet for 15 minutes'

Praise your child when they are behaving well

Notice good behaviour and praise your children for things they have done well

- *'I notice that you wash your hands before eating. This is a good habit'*
- *'It is great that you keep your desk clean and tidy'*



Help your children stay connected

- Encourage your children to maintain contact with relatives and friends, e.g. through video calls
- Encourage your teenagers to maintain social contact with friends through phone or social media



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