



Encouraging Positive Behaviour

Using rhythm and repetition as a preventive is our main tool to encourage positive behaviour. Our rhythm consists of a breathing in and a breathing out throughout the morning. During the breathing in times children concentrate on adult led activity. During the breathing out time children are free to engage with what they choose. Rhythmical changes of adult led and child led activities help children use different capacities, so they do not get too tired during the morning.

The repetition provides stability for the child and a sense of what is coming next. Good habits are also implemented through domestic work which activates and challenges the will but allowing children to stay within limits.

Through imitation and example our children involve themselves with artistic activities, free play, and circle and story time. We provide substantial time and space to rest and eat together allowing the nervous system to settle down.

If undesired or challenging behaviour does occur we use age appropriate discipline and take the nature of the child into consideration. This could be creative discipline i.e. distraction, moving the child along and engaging their will forces. For an older child a remembering gesture “hands are for work and play” or “come and sit with me until you can remember your kind words”.

It is very important for us to maintain the child’s dignity and the sense that s/he is still very much part of the group when approaching the unwanted behaviour. When we talk to the child we stay calm and use our usual tone of voice, we do not take sides with either child. Where possible we allow the children to find the resolution while we are holding the space for the resolution and reassuring each child.

Parents are always encouraged to discuss their child’s behaviour with us or any difficulties that they may be experiencing at home and here we can explore ways to support one another. For a deeper exploration of these topics you can either refer

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to our parents reference library or look up *The Challenge of the Will* by Margret Meyerkort, *Healing Stories for Challenging Behaviour* by Susan Perrow, *You are your Child's First Teacher* by Rahima Baldwin Dancy or visit www.atimeforchildhood.org, www.janetlansbury.com.

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