

Hassle Free Outings - Key steps






 First make shopping short








 not when sleeping or eating





Maintain your child's routine





 Remind the rules



Talk about rules



 &
 

 talk about rewards & consequences.



Talk about rewards






 Keep your child busy



Plan some interesting activities





 Reward for following the rules



Encourage good behaviour












 Speak to them when they are misbehaving



Tell your child what to do








 back your instructions with quiet time



Back up your instruction with quiet time

Continue the outing













 Afterwards talk about how it went & set goals.



 Reward chart , stickers can help





 e.g.
 


 Earn a reward eg. go to the playground

