

Module 5: Promoting positive behaviours Assessment

Participant's name:	
Date of training:	

Worksheets

Please complete these questions in your own time and bring to the next session.

1. Scenario

Jenny, aged 10, hardly eats anything at normal meal times. She is fussy and slow, and doesn't respond to prompts, or offer of rewards. The foster carer recently found that Jenny has been hoarding food in her room and had taken a box of chocolates that was given to the foster carer as a present.

(a) What are the possible explanations for this behaviour?

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2. Attitudes to behaviour determine how we judge whether behaviours are acceptable or unacceptable.

(a) How would these explanations from question 1(a) change the way you respond to the behaviour?

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3. One way to promote positive behaviours is to focus on building a young person's self esteem.

(a) Write down a list of the positive characteristics – strengths, talents, nice aspects of their personality – of a child or young person you look after.

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(b) How could each of these positive characteristics be used to promote positive behaviour?

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(c) Consider a behaviour problem you have dealt with in the past, describe this briefly, and write down how you might have helped the child or young person more by focusing on their strengths.

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Scenario

Robert, aged 8, can have violent episodes during which he screams abuse at his carer and destroys property. At other times Robert can be an affectionate child. He is very attached to the foster carer's Labrador dog and will spend hours playing and talking with it.

(d) How would you try to help Robert change his pattern of violent behaviour?

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4. It is important for carers to be able to manage stress for themselves, their families, and the child or young person.

(a) List 3 stress management techniques for both children and adults

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