

Nurturing my child's development

Developmentally relevant behaviour 1 or DRB1s: these are behaviours that are getting in the way of your child's development and growth. Problem behaviours including tantrums, whining and non-compliance goes here. **What are your child's DRB1s?**

Developmentally relevant behaviour 2 or DRB2s: these are behaviours that need to be cultivated to support your child's development and growth. If you have listed misbehaviours as DRB1s then consider what your child could do *instead* of the misbehaviour. What are your child's DRB2s?

Developmentally relevant behavior 3 or DRB3s: this is your child's ability to see a link between their behavior and the consequences. In young children this will be rudimentary or absent. **Does your child show any DRB3s?**

Now, that you've taken stock of your child's development, what can you do as a parent to support them? **Support your child's development by:**

- (1) Stop feeding the DRB1s. Give them minimal attention.
- (2) Evoke, shape and feed the DRB2s. Teach DRB2s to your child. Encourage and remind your child to do DRB2s. When your child does anything similar to a DRB2 uneven if it is rough and imperfect, give them lots of attention and praise.
- (3) As your child grows, aim to recognise, evoke, shape and feed DRB3s. At first, with young children this simply means that you, the parent, and doing the DRB3s. That is, you are thinking through and understanding the think between your child's behavior and the consequences of that behavior. As your child grows you can support your child in accurately tracking the consequences of their behavior by reflecting on this verbally with your child. As they begin to track too, feed this with attention and praise.

