



## RAISING BOYS: MANAGING BEHAVIOUR & INCREASING COOPERATION

Boys have many positive qualities and strengths that we want to encourage, yet some of these present challenges to parents, teachers, and to boys themselves. Much of their behaviour can be seen as unruly, aggressive or overly competitive. Many parents worry about their sons' difficulties following instructions or rules, and a general lack of listening and cooperation. They want to know how to deal with misbehaviour effectively.

*There are several ways parents can help their sons do and be the best version of themselves!*

This workshop covers the following topics:



### UNDERSTANDING DEVELOPMENT OF BOYS

We explore aspects of brain structure and wiring in boys, as well as other influences on boys' behaviour including their physical development, their language skills and motivations, and how they process information and relate to their peers and friends.



### ENCOURAGING POSITIVE BEHAVIOUR

We discuss how we can use positive attention and praise to promote positive behaviour in boys. We look at how we can direct their competitive spirit in the right direction, without becoming overly aggressive, and how they can channel their energy in appropriate ways.



### INCREASING COOPERATION AND FOLLOWING RULES

We share the most effective ways to give instructions to boys, and how to motivate them to cooperate. We discuss how to pass on our family values and help boys withstand peer pressure.



### RESPONDING TO MISBEHAVIOUR

We explore the most constructive ways to respond to misbehaviour so our sons learn to accept responsibility and improve their behaviour, without having to resort to punitive techniques which damage relationships.