

### Dealing with attention seeking behaviour

**Attention seeking.** ... **Attention seeking behaviour** is to act in a way that is likely to elicit **attention**, usually to elicit validation from others. People are thought to engage in both positive and negative **attention seeking behaviour**

#### In managing this.....

- Try to anticipate difficulties and distract or divert the child.  
E.g. "Come on let's sing", "Is that a bus out of the window", "Shall we find another one"



- Give the least possible attention to the child who is attention seeking.  
E.g. Praise the child who is doing a puzzle or sitting down for snack.  
Give attention to any child who has been hurt.
- Try to anticipate hitting/pushing and either get in between the children or take the child's hand and lower it saying in a firm but matter of fact voice "Hands down".  
Model how to get attention without hitting.
- If necessary, send children into another room and adult stay.  
If a child begins to throw things around, remove what you can and put it out of reach.  
Don't raise your voice or tell the child to pick it up.
- Adult to remain calm and be 'busy' until the child begins to calm down.  
The adult could calmly remove throw-able items, wash up or write an observation ...
- Adult to say "Lets pick these toys up and then we can do something else."  
Resist the temptation to say "Are you going to be a good boy/girl now?" or "Why did you hit ...."

