



# Using our Behaviour Management Colourometer® at home.

*"No need for difficult words, just a turn of a dial. Then the talking can begin!"*

## THANK YOU for buying the Behaviour Management Colourometer®.

Parents, grandparents, carers and children are telling us how this simple and unique tool has developed and strengthened relationships in the home. Here are just some of the ways the Coloumeters® can make a real difference to your family. We hope you enjoy using them.

### Responsibility

Family life can be pressured, diverse and sometimes intense. As each member grows up and becomes increasingly independent, the interdependence between family members is vital. Have a named Colourometer® for each person in the household on the fridge door. Everyone sets their personal Colourometer® dial. This enables any member of the family to communicate their emotional state at any time even if they are not in the room.

*'It was so difficult to tell my mum that I'd lost my purse. On seeing RED on my Colourometer® she came up to my bedroom to find out what was wrong. Chatting together on YELLOW we came up with a solution to try and find my purse the next day. Thanks to the Colourometer® I stopped worrying and was able to go to sleep on GREEN.'*

### Relationships

Check the colours of each family member each night and morning. Use them to open up conversations that are needed to support or to applaud the lows and highs of the day. This is important for younger children who

need to develop the vocabulary of emotions and for teenagers as their emotional states become difficult to manage in the face of hormonal attack. Family use of Coloumeters® enables all members to realize they have a right to be on RED and ask for support as well as a responsibility to move to YELLOW and give support.

*'When my mum is on RED, I try to do something to help. That's all it usually takes to get her on YELLOW. Then as she gradually relaxes and moves into GREEN I have a good chance of twisting her arm for a bit of extra cash which then puts me on GREEN!'*

### Behaviour

Focus on good behaviour by showing GREEN on the Colourometer® and on how children are making positive changes by using YELLOW. It's easy to shout at children when they do not do as we would like, but using RED to show your anger, frustration and disappointment will provide the motivation for positive change. Children need to learn that inappropriate behaviour has negative consequences for others as well as themselves and that positive change helps everybody.

*'The Colourometer® helped me to talk with my children about their behaviour. Simply reprimanding them did no good. We worked through it together using the Colourometer® as our guide and found new ways for us all to be on GREEN.'*

### Conflict/Sibling Rivalry/ Peer Pressure

The Colourometer® is extremely powerful and proves to be invaluable when dealing with any type of friction between children and young people. The simplicity of the RED, YELLOW and GREEN colours on the dial enables adults to break down behaviour patterns into clear cut categories and boundaries. Explaining what is acceptable and what is not, becomes a lot easier

especially if young people are uncomfortable making eye contact. All the talking, listening and learning takes place through the Colourometer®.

*'I suspected my daughter was being bullied at school but every time I approached the subject I faced a wall of silence. A friend recommended the Colourometer® which instantly opened the door to enable constructive dialogue with my daughter. By using the different colours on the dial, we were at last able to discuss the problems and find coping strategies for her to stand up to her tormentors. The bullying has now completely stopped thanks to the Colourometer®.'*

### Routines

Encouraging children to take an active part in the routines of the household requires patience and determination. No matter if the outcome at first is less than helpful! Thanking them for their efforts using the Colourometer® is a more permanent reminder than a brief word and will reinforce how helping around the house makes everyone happy.

*'Thanks for sorting the dishes without asking'. Love mum x'*

Very young children also learn how willingly abiding by decisions of their parents makes them feel much happier.

*'It's amazing! We've used the Colourometer® to establish so many good routines with our children from getting them to bed on time to eating more healthily. They use the RED, YELLOW, GREEN words all the time.'*

FOR FURTHER INFORMATION ABOUT HOW TO USE *The Child Whispering® Signpost for Life® Colourometer®*  
PLEASE VISIT OUR WEBSITE: [www.childwhispering.co.uk](http://www.childwhispering.co.uk)

Children, young people, parents, grandparents and carers who have used the Colourometer® have discovered many other ways in which it can effect a change towards positive relationships and behaviour. If you have any ideas to share, please tell us at: [info@childwhispering.co.uk](mailto:info@childwhispering.co.uk). We would love to hear from you.

**CE** Please retain for future reference as may contain small parts.

