FROM THE PRINCIPAL’S DESK

A very big welcome to the 2016 school year. I take this opportunity to extend a warm welcome to our new parents and hope your time at Southbrook is a happy and joyful one as you begin the educational journey with your child or children here at our school.

We've had a busy first couple of weeks settling into the new school year. I have sent a couple of email communications about our student enrolment numbers situation. This situation again, highlights the convenience and immediacy of email. If you do not receive my emails may I encourage you to send an email to tsimp116@eq.edu.au to ask to be added to my email list or send a note with your email address included so I am able to add this to my list. Email tends to be the ‘between newsletters’ communication avenue to you. In addition to this, we have a Facebook presence and of course our website. I have included our communication matrix within the newsletter for your information and have also included some elements of my last email within this newsletter to update you about the actions around our student numbers.

Student Numbers 2016

We are very excited to once again have three full time teachers here at Southbrook. My big thanks to staff and the P&C exec who have all been very supportive during these last couple of weeks.

Below is a summary of how our school will operate throughout 2016.

- Year 5-6 class (Julie Rice – full time, Heather Holmes) 13 students in the class.
- The P-2 class will reduce to become a P-1. (Jude Nestor, Maree Andrews and Lou Ferguson) 21 students
- Year 2 students will join year 3 and 4 class group. (Terri-Anne Simpson, Heather Holmes and Cameron Moy – Admin) 19 students.
- Specialist lesson times change to accommodate the three classes. PE – Tony Morris (40min lessons per class), The Arts - Beth Wheeldon (40min lessons per class), LOTE – Cecily Bish (year 5 & 6 only, 1hr 45 min.)

⇒ RI continues each Tuesday afternoon – 2.30-3pm. Beginning Week 4.
⇒ Assembly continues every Tuesday morning – 8.45am
⇒ Fitness continues 8.45-9.10am Monday, Thursday and Friday (PE-Wed)
⇒ Ripper Readers occurs Mon-Friday 9.15-9.30am (This is additional reading to Homework Reading so please ensure that your child continues to do their Homework reading every night and records this in their Reading Diary)

School Leader presentations

Tuesday’s assembly saw our prospective School Captains and Sport House Captains deliver their persuasive speeches to parents, teachers and students. My congratulations to all of the students. Standing up in front of a crowd of people is not an easy thing to do and all students should be very proud of their efforts. School Captains and House Captains will be announced and badges presented on assembly next Tuesday morning at 8.45. Following this, parents of the year 5 and 6 students are invited to attend a leader’s morning tea in the staffroom.

GRIP Leader's Conference

The voted Student Leaders will be invited to attend Leader’s Conference at Highfields on Tuesday the 15th March, 2016. Information notes and permission slips will be sent home following our Student Leader Assembly. This is my teaching day and to minimise disruption as much as possible, I will remain on class and send Mrs Rice along with our year 6 leaders. As is the case each year, I will be asking if a parent would be willing to volunteer their day to transport and accompany Mrs Rice to Highfields for the day. If you know that you would be available and happy to help, please let Mrs Rice know.

P&C Meet & Greet and Annual General Meeting

The P&C are once again holding a “Meet and Greet” BBQ for parents and students this coming Monday 8th February. You would have already received a note from your child. Please RSVP by Monday the 8th so that catering can match attendance. We always enjoy the beginning of the year BBQ together. It gives everyone an opportunity to meet the new people in our school community and a chance to catch up with those you don’t get to see very often. Please come along and enjoy.

The P&C AGM will be held next Thursday 11th February at 3:15pm in the staffroom. All parents are
invited and are very welcome to attend. You will find a membership form attached to the Newsletter. In order to vote at the AGM, you will need to complete and bring this form along with you to our meeting. The Annual General Meeting is the annual meeting where the executive members are nominated and voted into their positions. The following positions will be declared vacant and ready for filling—President, Vice President, Secretary, Treasurer. Thanks to Mrs Nestor – generously offering to keep children entertained during the meeting. We would love for you to be an active part of our school community and look forward to seeing you at the AGM.

**Publishing student photos – permissions**

As you know, we often publish photos of our busy school students through our Newsletters, Website, Facebook and in the Newspapers. Upon enrolment, parents complete a ‘Permission to Publish’ form that allows us to publish your child’s photo. At this time, you might also have added any variations to your consent. Eg. Excluding Facebook. If your circumstances have changed and you would like to add any variations, that will exclude any type of publication, please ensure that you have updated your ‘Permission to Publish’ form at the office when Jenny Johnson is at school Mon – Wed.

**Swimming**

Swimming begins next week. Please ensure that your child has all of the requirements outlined on the information letter that went home last week. During the times that children are not swimming, classes will walk to Pittsworth SS hall and participate in physical activities.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 3</strong></td>
<td><strong>Year 3-6</strong></td>
</tr>
<tr>
<td><strong>MONDAY 8TH FEBRUARY – FRIDAY 12TH FEBRUARY, 2016</strong></td>
<td>12.30-1.30pm (Departing school at 12 noon)</td>
</tr>
</tbody>
</table>

I look forward to seeing you on Monday at the P&C welcome BBQ.

Warm Regards

Terri-Anne

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**Special Message for the Southbrook Community**

We would like to thank all of the staff of Southbrook Central State School, the P and C and the Southbrook Community for all of their support since our Emeliah passed away. The kindness of everyone has been over-whelming, but we are forever grateful. Emeliah loved coming up to the school and it is a true shame that she won’t get to experience Southbrook Central School life for herself, But she will experience it through her brothers.

Cindy and Chris Swenson and family
The Arts
Arts Lessons: In 2016, every student at Southbrook Central State School will have the opportunity to learn Music, Dance, Visual Arts and Drama. Rather than weekly Music lessons, students will each participate in a 60-minute ‘Arts’ lesson which – during the year – will provide learning experiences in all four subjects. The first four weeks of term one will be focussed on Visual Arts.
CGEN: Students who have nominated to participate in this year’s Creative Generation – State Schools Onstage will be required to attend rehearsals with the Pittsworth Cluster participants every Tuesday morning. Music has not yet arrived, but all CGEN students and parents are asked to attend an information session on Tuesday, 9 February at 8.00am in the Pittsworth State School music room.
Date Claimer:
16, 17 and 18 March – Choir Camp (invited students from year 4, 5, 6)
Mrs Beth Wheeldon
Arts Teacher
Why is education in ‘The Arts’ so crucial?
Involvement in the arts is associated with gains in math, reading, cognitive ability, critical thinking and verbal skill. Arts learning can also improve motivation, concentration, confidence and teamwork. The intrinsic pleasures and stimulation of the art experience do more than sweeten an individual’s life. They can connect people more deeply to the world and open them to new ways of seeing, creating the foundation to forge social bonds and community cohesion.

Library News
We are back ..... I hope everyone had a wonderful holiday.
As we begin a new year I would again request if any families have any outstanding books could they please be returned.
If your child is unsure they can see me and I am happy to check.
Thanking You
Mrs Ferg

Preppies for 2016
Reminders and Notices

Instrumental Music Lessons for 2016

FLUTE, CLARINET, SAXOPHONE OR PIANO!!
Give the gift of music to your child! Instrumental music lessons are available during school time. If your child is in grade 4 or above they can learn any of the wind instruments. Hire of these is available at reasonable cost. Grade 2 is the starting point for piano. Lessons are given in small groups of 2 or 3. Accounts are sent each term and each half hour lesson is $18. Pick up and return a form at the school office. Email Chris at yougotbuckleys4@bigpond.com.au for more info.

Southbrook School Dress Code

We encourage all students to wear our smart school uniform every day.
Student dress codes provide clothing that aims to contribute to a safe and supportive teaching and learning environment through:

- Easy identification of students;
- Fostering a sense of belonging; and
- Developing mutual respect among students by minimising visible evidence of economic and social differences.

Southbrook Possums Playgroup

We meet at the Southbrook Sports Grounds every Monday between 10am and 12 and welcome any new members with children aged from birth to 5 (prior to starting prep). Playgroup is a place for you and your child to interact with other parents/caregivers and their children, providing opportunities for play and learning. Playgroup also develops new skills and helps gain confidence by interacting with other children. Lots of activities are planned this term, including a visit from the local health nurse and a visit to the Southbrook School.

Please contact Kerrie on 0409055679 for further details.

Uniform Shop

SOUTHBROOK CENTRAL STATE SCHOOL
UNIFORM SHOP
OPEN TUESDAYS AT 8:30AM OR BY ARRANGEMENT... 0448170049
Kirsty

Morning Arrival Times for School

A reminder that students should not be at school before 8.30am unless previously organised with your child’s teacher/school staff.

For the safety of your children, please remember there is no supervision provided for students before 8.30am and before the buses arrive at school.

Every Day Counts

Every day at school is an important day for your child’s education.

If your child will be absent from school for more than 10 days, it is a requirement by law that parents contact the school to complete a Student Exemption form. If your child is unwell, there are many options to notify the school of absences:

- **Telephone** the school on 46910142 and speak to someone, or leave a message on the answering machine
- **Speak** to your student’s teacher
- **Write a note** to your student’s teacher
- **Email**: principal@soutcentss.eq.edu.au

Unexplained absences are then listed on students’ report cards.
Welcome back to another exciting year of learning at Southbrook Central. A very warm welcome to our new students and their families—Ryan, Fletcher, Lochlan, Tonnah, Jacob, Blair, Karley, Frankie, Sofia, Tiah, Samantha, Lincoln and Seb. We are starting to settle into the school routines one day at a time.

Ripper Readers has begun—we will be using our Literacy Folders at this time. Each week on Friday the folders will be sent home to be changed. If possible, as per the note on 31.01.16, help them to choose five (5) things that they have read, listened to or viewed. They need to be at school on Monday morning for Ripper Reading. Thanks for your assistance.

Home Reading has begun. Each night your child should bring home a book to read. The Preps are looking at beginning sounds. Look at the picture than look at the word then say the word. If they can find other things around the house that begin with that letter or sound that will help to reinforce their learning. Year 1’s and 2’s have books and they need to be read with and signed each night.

Homework sheets will start Week 3. It is due in next Monday. I expect, at the most, it will take 10 minutes each night. It will consolidate what we are doing in class.

Next week will be swimming everyday. They will need to bring their swimmers in a bag to school and will change for swimming in the classroom so please make sure you have named all their clothes. They can bring their thongs or sandals to put on before we go. If you can assist with swimming (you will have to get in the pool) please see one of us. Your assistance will be greatly appreciated.

If you have any questions or queries about anything, please don’t hesitate to talk to us for clarification.

Regards,
Jude, Maree and Lou.

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A big welcome to our new students, Georga and Lucy.

Year 3 & 4 Students have been working on a multitude of activities in the last two weeks. In our English unit of work, we are currently learning about a number of persuasive devices. Students are good at using begging style persuasion at this age, however, we want to provide them with more complex persuasive devices and have been exploring rhetorical questions, exaggeration and logical reasoning. They have had to select three devices and use them to persuade me to get a pet snake for the school!! We have also been learning about Edward DeBono’s Thinking Hats and Gardiner’s Multiple Intelligences. We have begun simple Homework of spelling and reading and students have been introduced to Spelling City homework tasks. Mathematics has focused on Number and Mr Moy has been working on Measurement elements. At this stage, I anticipate that Mr Moy will be teaching year 2, 3 and 4 for part of Wednesday and on Thursday/Friday. He will be leading the teaching of Mathematics, History, Geography, Science and Health. We’re looking forward to establishing some firm routines now that day 8 has occurred.

Next week we welcome the year 2 students into our classroom. This will even student numbers up a little more and allow Mrs Nestor to work in a more focused way with the early years children.

Mrs Simpson & Mr Moy

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Mrs Rice’s Fine 5&6’s!

Welcome back to the 2016 school year. The senior students have been very busy re-establishing old routines and establishing new ones associated with our new reading program and new subjects. This year the students will study English, mathematics, science, history, geography, economics and business and a new subject known as technologies.

In English students are looking at the structure and language features of short stories and how authors use these to entertain, inform or teach. The assessment for this unit is only a monitoring task and will require the students to analyse and compare short stories. We have begun maths this year by checking for any misconceptions students may have with place value and trying to iron out these misunderstandings before moving onto C2C and imaths lessons.

In science students are looking at animal adaptations and their assessment will require them to research a feral animal and how it has adapted to an urban environment. In geography the students are learning about human and environmental characteristics of place. In history students are going to be examining colonial settlements and in particular the one established at Moreton Bay which is now Brisbane.

In economics and business this week students were exploring the concept of needs and wants and in technologies they are going to be focusing on food specialisations in societies. Looking forward to a school year filled with fun, laughter and of course learning.

Mrs Rice

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Mrs Simpson’s and Mr Moy’s Terrific 2s, Talented 3s and Fabulous 4s

A big welcome to our new students, Georga and Lucy.

Year 3 & 4 Students have been working on a multitude of activities in the last two weeks. In our English unit of work, we are currently learning about a number of persuasive devices. Students are good at using begging style persuasion at this age, however, we want to provide them with more complex persuasive devices and have been exploring rhetorical questions, exaggeration and logical reasoning. They have had to select three devices and use them to persuade me to get a pet snake for the school!! We have also been learning about Edward DeBono’s Thinking Hats and Gardiner’s Multiple Intelligences. We have begun simple Homework of spelling and reading and students have been introduced to Spelling City homework tasks. Mathematics has focused on Number and Mr Moy has been working on Measurement elements. At this stage, I anticipate that Mr Moy will be teaching year 2, 3 and 4 for part of Wednesday and on Thursday/Friday. He will be leading the teaching of Mathematics, History, Geography, Science and Health. We’re looking forward to establishing some firm routines now that day 8 has occurred.

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Mrs Simpson & Mr Moy

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Mrs Nestor’s and Mrs Andrew’s Precious Preps, Wonderful 1s and Terrific 2s

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If you have any questions or queries about anything, please don’t hesitate to talk to us for clarification.

Regards,
Jude, Maree and Lou.
The value for weeks 9 and 10 is COMMITMENT. COMMITMENT is always doing my best. Be organised. Be on time. Be a positive role model. Complete set tasks. Keep the floor clean.

Below are the processes around our PBL reward system at Southbrook Central

- We have fortnightly focus on one of the 5 values throughout each term
- Coloured Pentagon tokens are given anytime, anywhere to acknowledge any good efforts/behaviours that demonstrate any of the 5 school values. Eg. Student continues reading over holidays and records this in reading diary, the teacher would reward that student with a “Commitment” pentagon for demonstrating commitment to learning.
- The focus value for the fortnight will attract double rewards of that particular token.
- Students collect all pentagon tokens and save these to trade for vouchers sold at the V-Shop.
- Vouchers range from 25, 50, 75, 100, 150, 200, 250 pentagon tokens thus allowing regular reward for students who need this and also allow students to ‘save’ for a more significant voucher reward.
- Participation in end of term Golden Pentagon Celebration day — Students participate upon receiving an invitation. Students excluded from receiving an invitation will have behaviour records in One School for that term. These records are produced through our current behaviour slips/data collection methods which are aligned to our Behaviour matrix consequences. Criteria for which students are excluded from the Golden Pentagon day will be - three or more minor behaviour breaches or one major behaviour breach. This will result in that student not receiving their invitation to attend the golden pentagon reward day and instead, work on goals for next term.
- 3-6 Classroom daily point systems will result in the reward of a pentagon every time students reach 5points. Pentagons are given at the end of the day. Classroom Jobs in the 3-6 class are categorised under the school values and will be paid in pentagons at the end of the week.
- ‘Student of the week’ rewards continue to be selected by the teacher and will result in a pentagon token reward as well as a certificate during assembly.
- Reading awards will attract a Commitment pentagon every time a student reaches the milestones outlined in their reading diaries. Number fact and spelling post test results will result in a pentagon reward when achieving set target scores.
Uniform Shop Information

New and used uniforms are readily available from our Uniform Shop. If the normal uniform shop day of Tuesday does not suit, please contact Kirsty Brown on her mobile number to arrange alternative times. Cheers, Kirsty. 0448170049

Help Needed—TUCKSHOP

We are still needing volunteers to help on Thursday during the day. If you can help, please call Amy 0400910252 or Kerrie 0409055679.
Each week we need some homebake for our Tuckshop. If you are able to help in any way, please Amy or Kerrie.
Thanks again for the support.

School to Home Communications

<table>
<thead>
<tr>
<th>Communication Type</th>
<th>Intended Audience</th>
<th>Type of news</th>
<th>Frequency</th>
<th>Your Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Newsletter</td>
<td>Parents and wider community</td>
<td>Whole school news, coming events and class news</td>
<td>Every second Friday</td>
<td>Email Newsletter feedback anytime</td>
</tr>
<tr>
<td>email</td>
<td>Parents/staff</td>
<td>Special messages, updated information</td>
<td>As the need arises</td>
<td>Email contact anytime</td>
</tr>
<tr>
<td>Tuesday’s Assembly</td>
<td>Students, parents and staff</td>
<td>Revisiting expectations, student awards, messages and coming events</td>
<td>Weekly</td>
<td>Parents warmly welcomed and encouraged to see the website</td>
</tr>
<tr>
<td>Website</td>
<td>Wide ranging</td>
<td>School news</td>
<td>Weekly</td>
<td>Access as needed</td>
</tr>
<tr>
<td>Road sign</td>
<td>Wide ranging</td>
<td>Coming events/messages</td>
<td>Weekly</td>
<td>Check Road sign</td>
</tr>
<tr>
<td>Phone calls</td>
<td>Parents</td>
<td>Individual information/message/request</td>
<td>As the need arises</td>
<td>Mon-Thurs office is usually attended. Friday - messages checked frequently</td>
</tr>
<tr>
<td>Post cards</td>
<td>Parents, students</td>
<td>Special congratulations</td>
<td>As occasions arise</td>
<td>Respond as necessary/convenient</td>
</tr>
<tr>
<td>P&amp;C meetings</td>
<td>Parents</td>
<td>School operations/news/special events/requests/actions</td>
<td>Monthly</td>
<td>Attendance at meetings, access minutes from website</td>
</tr>
<tr>
<td>Homework &amp; Data Journals</td>
<td>All parents</td>
<td>Each class has a slightly different method of parent communication. Year 6/7 have Data Journals to inform parents of weekly pre and post test results and behaviour/effort reflections.</td>
<td>Weekly/daily</td>
<td>Check teacher feedback, check your child’s progress tables reflection and</td>
</tr>
<tr>
<td>Face to face meetings</td>
<td>All parents and community as the need arises</td>
<td>Individual contact at an agreed time or informal meetings with teacher.</td>
<td>Formal – every second term upon request</td>
<td>Come and say hello!</td>
</tr>
<tr>
<td>Facebook</td>
<td>All Parents</td>
<td>Reminders and updates</td>
<td>Weekly as the need arises</td>
<td>Like us!</td>
</tr>
</tbody>
</table>
Student Candidates for School Captains and Sport Captains. Trenton McNab, Caitlin Stace, Jasmine Roberts, Matilda Collin, Frances Cattle, Otto Friedrichs.

Superstars Sports Captain and Vice Captain Candidates
Jasmine Roberts, Waylan Smith, Darius Gordon and Chaz McNab

Goldstars Sports Captain and Vice Captain Candidates
Tyla Whitbread, Nathan Mann, Frances Cattle and Bon Rickert

Year 3 and 4 Maths with Mr Moy
Student enjoy maths outside. The students are learning about non standard and standard measurements.
Parenting Advice by Michael Grose

HELPING AT HOME

There’s one compelling reason why your kids should help at home - competency built up through helping promotes greater confidence in children. In short, confident kids are competent kids. Past experience has taught them that they can be successful. One way to help develop a sense of competency is to give kids opportunities to help out at home. It's best to expect children and young people to help without being paid. By all means provide them with pocket money, but avoid linking it to chores. Helping out in exchange for money develops in children a notion of 'What's in it for me?', which is a self-centred view of life.

Here are some ideas to encourage your children to help out at home:

1 **Keep jobs real** Kids can sense it when parents give them jobs to keep them busy. Make sure the jobs you apportion make a real contribution to their own the family's well-being.

2 **Balance the personal chores with family jobs.** Chores are generally divided into two areas. Jobs such as keeping a bedroom tidy benefits a child and jobs such as setting the table benefit the family. By doing this kids learn to contribute positively to family-life.

3 **Place the more arduous or difficult tasks on a roster.** The children can refer to it when needed, which takes the load off you and removes the need to remind them. Rotate the unpleasant tasks frequently.

4 **Show your appreciation for their help.** Make a fuss when they help so they know that their contribution to the family is valued. If you do it often enough they may even show their appreciation for all you do for them!

HOMEWORK

There is good homework and bad homework. Bad homework is anything that can be seen as time-filler or that is not understood by children. Sometimes a task is not understood because your child just hasn't picked it up yet. It may be useful in these cases to write a note back to your child's teacher letting him or her know that your child is struggling with the concepts or skills. That's good communication and the teacher should appreciate that.

Homework is good when it:
- consolidates and supports in-school learning
- accounts for different learning rates
- increases children's confidence and enjoyment in learning
- is interesting and engaging (although some learning tasks despite best intentions will be boring)
- develops productive long-term habits of organisation and planning
- is followed up by the teacher.

Here are 3 tips to help you handle homework in a relatively sane way:

1 **Establish homework time and stick to it each day.** If children tell you that they don’t have any formal homework then they can read, revise or organise their work.

2 **Put the onus back on your children to take responsibility for their work.** Ask children at the start of a homework session to state how much homework they will do. At the end of the session check it to see if it matches with their intentions as well as yours. If you are more concerned about homework than them then it is you not your children who is responsible for homework.

3 **Homework is as much a time management issue as anything else.** Encourage students to work reasonably quickly and efficiently. Have a set time limit, which they should stick to. There is generally little point slogging away once they become frustrated or tired. Give them an egg-timer or use a clock and get them to work hard for small chunks of time. A little work each night is more productive than packing it into one weekly session.
Parenting advice (continued)

HANDS-OFF POLICY

It’s easy to start but sometimes hard to stick to. If your boys resolve conflict in boisterous ways sit down and discuss with them the rules of fighting fairly. Number 1 rule: “No hitting. Talk out your problems.” This is smart parenting, as boys tend to be more tactile with their conflict resolution than girls. They also respond better to very concrete, visual terms rather than a vague ‘don’t hit your brother.’ Your long-term aim as a parent is get kids to talk about issues, use give-and-take or simply don’t enter arguments, rather than hit or hurt each other. This takes patience, and modelling good conflict resolution, from parents. A great deal of conflict between kids is wrapped in emotion. Jealousy, competitiveness and hurt feelings often play out as anger. Kids who can’t find the words, or haven’t the vocabulary to express themselves generally lash out, or bottle stuff up. Better to get kids to talk rather than act on their negative feelings. The best policy to adopt that is: There’s nothing so bad in our family that we can’t talk about it, but there are behaviours that we just don’t engage in. Be realistic about how this will apply. Old habits die hard. But when children do use their hands to hit or hurt assertively remind them of the Hands-off Policy you have in your family. Consider implementing a consequence as a reminder of better behaviour. Alternatively, take a restorative justice approach asking, “What will you do to mend the fences with your brother?”

HOT BUTTONS

We all have ‘hot buttons’ that kids will press to make us feel guilty or to get a little control back. One of my children was expert at making their mother feel guilty... because guilt was quite a hot button for her. She’d only have to say “but you don’t really love me...” to have her mother second-guessing a decision she made. Sometimes our ‘hot buttons’ will reflect long held views about parenting, and we simply overreact when kids misbehave. Some parents have strong views about parenting and will over react when even the mildest of words is uttered by a child. These types of hot buttons can make family-life hard work as everyone tends to walk on eggshells to avoid pressing that person’s hot buttons.

Here are some ideas to help you respond when kids ‘press your hot buttons’:

1 Recognise what gets you upset or gets a response that kids want.
‘Hot buttons’ always get a strong emotional response, including annoyance, anger and feelings of hurt.

2 Avoid the first impulsive reaction when kids misbehave.
As a great deal of children’s behaviour is purposeful don’t react impulsively when kids behave poorly. Stop and think what may be going on. Think, “Is this behaviour for my benefit?”

3 Respond differently.
If the behaviour is for your benefit, try something different. Perhaps take the wind from the sails of a child who squeezes your guilt gland. Respond to “You don’t love me.......” with “You know you could well be right.” Alternatively, smile and give a child a kiss saying “I love you though” and show that the comments have not impact.

4 Get a reality check.
Sometimes we over react to kids or have extreme views that kids will take advantage of, or that make family life hard work. Check with a partner or a friend to see if your views are healthy. I know I had an unrealistic view of bedroom tidiness for a time, which my wife reminded me wasn’t really in line with my child who was messy by nature. If a child continually presses your ‘hot buttons’, then recognise that you may not be able to change your child, but at least you can alter your response to their button pressing. Kids don’t act in a vacuum so they are less likely to behave in ways that get the response they want.