



The Parenting Toolbox

Improving your Child's Behavior





**Discipline means teaching a
child self-control and
improved behavior**



Behavior Facts

- ➔ Behavioral approach is empirically supported
- ➔ Good and bad behavior are both learned
- ➔ Behavior can be unlearned or changed
- ➔ Behavior will grow stronger if rewarded
- ➔ Behavior will grow weaker if punished



Child Behavior Analysis Worksheet

List Behaviors that you would
like to increase in your child

List Behaviors that you would
like to decrease in your child



Clear Communication

- ➔ Determine undesirable behavior
- ➔ Establish a rule
- ➔ Clearly tell child the rule
- ➔ Child should repeat rule
- ➔ Encourage child to participate in rule making process



Commands:

Clear effective simple instructions

- ➔ Move close to child
- ➔ Stern facial expression
- ➔ Say his or her name
- ➔ Maintain eye contact
- ➔ Firm tone of voice
- ➔ Direct simple and clear command



Parenting Behavior Toolbox

Reinforcing Tools

Reward Good Behavior

Behavior Increasing Techniques



Adjustment Tools

Punish Some Bad Behavior (mildly)



Reinforcing Tools

Hammer it Home

Rewards

- ➔ Social Rewards
- ➔ Activity Rewards
- ➔ Material Rewards

Ways of Increasing Good Behavior

- ➔ Active Ignoring
- ➔ Reward Alternative Behaviors
- ➔ Demonstration
- ➔ Grandma's Rule
- ➔ Organization
- ➔ Realistic



Rewards



Social Rewards

Smiles

Hugs

Attention

Clapping Praise

Activity Rewards

Game night

Watch late movie

Out to eat

Bake Cookies

Friend over

Pick Dinner

Carpet Picnic

Material Rewards

Ice Cream

Money

Book

Ball

Special Dessert





Your Personal Toolbox Reinforcing Tools

Social Rewards

Activity Rewards

Material Rewards





Ways of Increasing Good Behavior

1. Active Ignoring
2. Reward Good Alternative Behavior
3. Demonstration/Be an Example
4. “Grandma’s Rule”
6. Organization
7. Be realistic





Active Ignoring is Effective with:

- ➔ Whining and fussing
- ➔ Pouting and sulking
- ➔ Loud crying
- ➔ Loud complaining
- ➔ Continuous begging/demands
- ➔ Tantrums/breath holding





Guidelines for Active Ignoring

- ➔ Briefly remove all attention
- ➔ Refuse to argue, scold or talk
- ➔ Turn head/avoid eye contact
- ➔ Do not show anger
- ➔ Pretend to be absorbed in activity
- ➔ Give lots of attention when behavior stops





Reward Good Alternate Behavior

Target Behavior

- ➔ Whining
- ➔ Toy grabbing
- ➔ Temper tantrums
- ➔ Teasing
- ➔ Swearing
- ➔ Hitting

Alternate

- ➔ Talking normal
- ➔ Sharing or trading
- ➔ Self control
- ➔ Absence of teasing
- ➔ Lack of swearing
- ➔ Solving problem with words





Demonstrate Desired Behavior

- ➔ Demonstrate for child in the circumstance
- ➔ Model it in other circumstances and point it out to the child
- ➔ Be a good example





Be An Organized Parent

- ➔ Plan Ahead
- ➔ Anticipate Problems
- ➔ Know your child





Be Realistic

- ➔ Age appropriate Behavior
- ➔ Physical limitations/sick/disability
- ➔ Environmental Factors





Personal Toolbox

Your ideas appropriate for your
child

- ➔ Active Ignoring
- ➔ Reward Alternative Behavior
- ➔ Demonstrate correct Behavior
- ➔ Old Rule
- ➔ Be Organized
- ➔ Be Realistic



Adjustment Tools (Punishment)

Punish Some Bad Behavior (Mildly)

- ➔ Scolding
- ➔ Natural Consequences
- ➔ Logical Consequences
- ➔ Behavior Penalty



Punishment

Unpleasant consequence or penalty that follows undesired behavior

Caution before operating any of these tools always look at reason of misbehavior

- ➔ Physical Problems
- ➔ Environmental
- ➔ Unrealistic Parent Expectations





Rules for Punishment

- ➔ Use punishment sparingly
- ➔ Use mild punishment only
- ➔ Punish quickly after behavior occurs
- ➔ Punish only when you have self-control
- ➔ Briefly state the reason for punishment
- ➔ Avoid physical punishment





Disapproval/Scolding

- ➔ Move close to child
- ➔ Look stern
- ➔ Express your feelings
- ➔ Name undesirable behavior
- ➔ Maintain self-control
- ➔ Avoid sarcasm
- ➔ Be brief





Natural Consequences

Undesired Behavior

- ➔ Forget gym clothes
- ➔ Don't do homework
- ➔ Carelessly spilling
- ➔ Not wearing gloves
- ➔ Teasing friends

Consequence

- ➔ Miss gym
- ➔ Stay after school
- ➔ Help clean mess
- ➔ Cold hands
- ➔ Being avoided





Logical Consequences

Bad Behavior

- ➔ Ride bike in street
- ➔ Don't eat veggies
- ➔ Swearing on phone
- ➔ Gum on couch

Consequence

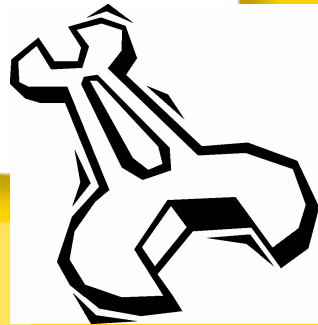
- ➔ No bike for a week
- ➔ No dessert
- ➔ No phone for week
- ➔ No gum for a week





Behavior Penalty

- ➔ State penalty before bad behavior
- ➔ Have child restate misbehavior and penalty
- ➔ Avoid making penalties lengthy or severe
- ➔ Loss of privilege, fine, extra chore are some examples



Time out

Goals of Time out:

Bring quick stop to behavior

Help child to achieve self discipline



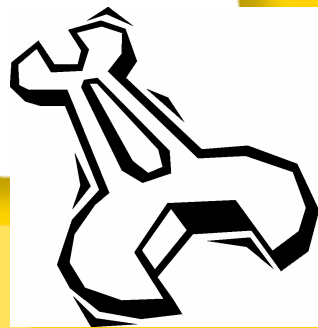
Write in Target Behavior





Advantages of Time out

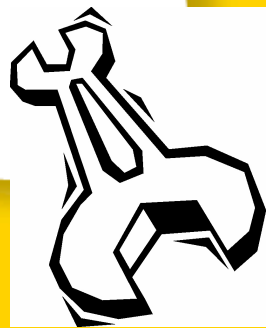
- ➔ Quickly weakens many types of behavior
- ➔ Easy for parents to use
- ➔ Parents feel less angry and upset
- ➔ Rational non-aggressive model
- ➔ Parent child relationship quickly returns to normal
- ➔ Effective for children age 2-12





How to make Time out Effective

- ➔ Select target behavior
- ➔ Select boring place for time out
- ➔ Explain time out to your child
- ➔ Be brief when sending child to time out
- ➔ Use one minute in time out for each year of age
- ➔ Set a timer
- ➔ Wait for timer to ring
- ➔ Ask child why they were sent to time out
- ➔ Use same method no matter what they did





**Do not accidentally use reinforcing
tools on bad behavior!**



Your Personal Hot Zones:
What are your triggers?
What are your child's triggers?



Defiant Teens (Barkley)

- ➔ Principles of Behavior Management
- ➔ Coercive Behavior Cycle
- ➔ Paying Attention to your Teen's Good Behavior
- ➔ How to Give Effective Commands
- ➔ The Home Point System
- ➔ Sample Behavioral Contract
- ➔ Grounding