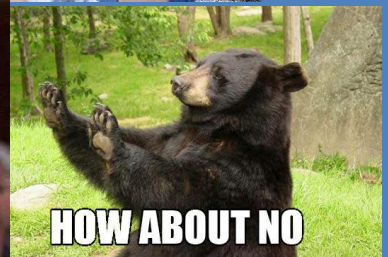
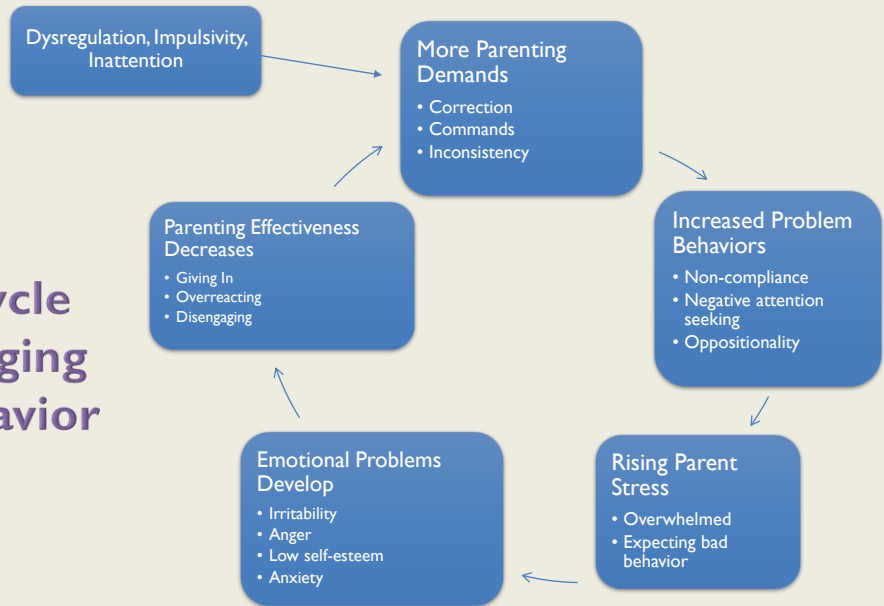


BEGINNER'S GUIDE TO BEHAVIORAL PARENTING

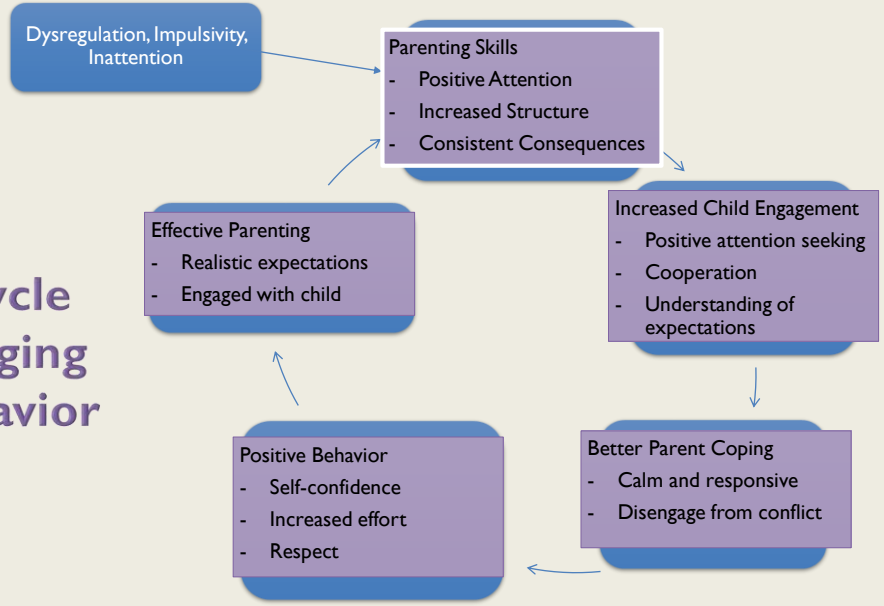
Kristen Thompson, PhD
System Director, Pediatric Integration
Burrell Behavioral Health
10/31/2020



Family Cycle of Challenging Child Behavior

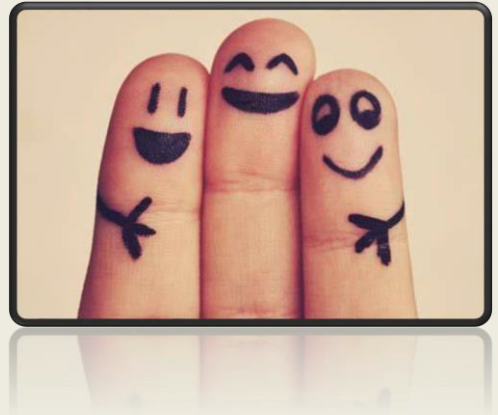


Family Cycle of Challenging Child Behavior



RELATIONSHIP IS THE FOUNDATION

- Kids (and people) are motivated to work for those they:
 - Care for and who they believe care for them
 - Trust
 - Know what to expect from



I. POSITIVE ATTENTION

DAILY TIME-IN



Do:

- Play *with* your child
- Let your child take the lead
- Show interest in what they're doing

Don't:

- Teach
- Take charge

FOCUS ON BEHAVIOR YOU WANT MORE OF

- Ask yourself:
 - What do you want less of? (e.g., arguing in the car)
 - What is the positive opposite? (e.g., speaking calmly to one another, sharing, and cooperating in the car)
- Give attention and praise to the desired behavior
 - "Thanks for letting her go first to pick the music, that was very kind of you"
- State what you want to see, not what you don't want to see
 - Instead of: "Quit pushing your sister"
 - Try: "Keep your hands and feet to yourself"



MAXIMIZE PRAISE AND POSITIVE REINFORCEMENT

- Frequent
- Immediate
 - Praise as soon as compliance begins; – focus on the steps toward the goal, not the goal itself
- Specific
 - State exactly what you liked; avoid vague “good job”
- Don’t underestimate non-verbals
 - Wink, pat, nod, thumbs up, smile

GOOD

“Good job picking up your toys”

BETTER

“Awesome job getting to work as soon as I asked”

“I love how you are carefully putting the toys away where they belong”

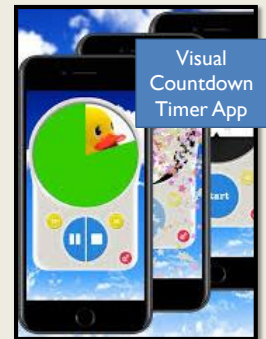
INCREASED STRUCTURE

ROUTINE

MORNING ROUTINE	EVENING ROUTINE
 Eat breakfast	 Pack school bag
 Brush teeth	 Toys away
 Get dressed	 Tidy bedroom
 Socks on	 Dirty clothes away
 PJs under pillow	 Brush teeth
 Make bed	 Tidy bathroom
 Tidy room	 15 min reading
 Pack school bag	 Sweet dreams

© The Organized Housewife

- Order of activities is how young children “tell time”
- Identify and stick to a plan for the day
- Create routines wherever possible
- Prepare for transitions



GIVE CHOICES



BENEFITS

- Communicates respect
- Teaches responsibility & independence

GUIDELINES

- Limit # – don't overwhelm
- All options acceptable
- Consider:
 - This or that
 - Which task first
 - Now or later

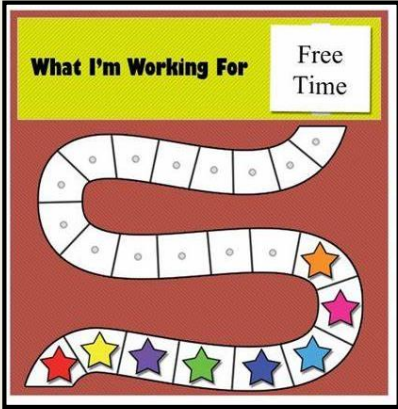
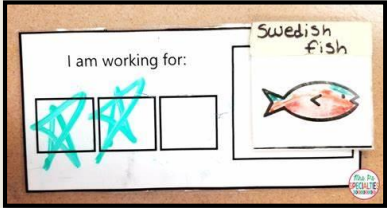
CAREFUL WITH COMMANDS

- Eye contact first; limit distractions if possible
- Short, sweet, calm, clear
- **One** direction at a time; wait until the first step is complete to give the next one
- Say what **to** do instead of what **not** to do
- **Do** say 'Please'; **Don't** pose command as a question
- Be specific
- Sometimes – ask child to repeat the command
- **Always** make sure you mean it - don't give a command unless you're prepared to see it through to completion



CONSISTENT CONSEQUENCES

TOKEN ECONOMIES



KEYS TO MAKE IT WORK:

- Reinforcement is immediate
- Rewards are desirable (and not otherwise accessible)
- Goal is achievable
- You're able to deliver
- Pay attention to what your child already gets "for free" (e.g., screen time)

Coupon Types	Ticket Price
Longlines of Points	5
Star Lunches or Snacks	10
Buddy Lunch	10
Wash a car for the car	15
Show and Tell	20
Trampoline time	25
Teacher's Chair for the Day	25
Help clean in the classroom	30
Bring a Stuffed Animal to School	30
Read to Mom in the Classroom	40
Lead a Class Game or Activity	40
Read to another class	40
Watch with a Principal	50
Help Mom for a Night	75
Free Time	100



COOPERATION CHART

- Created for Covid by PCIT leader Cheryl McNeil
- Positive behavior = labeled praise + happy face tally
- Negative behavior = choices statement and sad face tally for non-compliance
- Target at least two happy faces + praise/hour
- Count at each interval and provide mystery reward

The chart is divided into three sections: BREAKFAST (yellow), LUNCH (blue), and DINNER (green). Each section has a header with a happy face and a sad face. Below each header are three rows for names and tally marks.

EFFECTIVE PUNISHMENT

PUNISHMENT STRATEGIES

- Ignoring
- Time-out
 - Swoop and go
- Grounding; loss of privileges
- Job card grounding

KEYS TO REMEMBER

- Calm yourself first
- Be consistent
- Give a warning/choice whenever possible
- Remember: BIG but brief
- Punish and move on – start fresh
- Physical discipline isn't effective
- Never: shame, criticize



EXTINCTION BURSTS

- It gets worst before it gets better
- Don't give up!



QUESTIONS?

RESOURCES

- www.thecooperationchart.com
- www.pandemic-parent.org
- Kazdin, A. on Coursera: Everyday Parenting: The ABCs of Child Rearing
- Forehand, R. and Long, N. (2010). Parenting the Strong-Willed Child
- Barkley, R. (2013). ADHD: Essential Ideas for Parents (on YouTube)