

Try this... Instead of THAT

 Focusing on negative behaviors

 Ignoring unwanted behaviors (when safe & possible)

 Asking a question

 Making a statement

 Never Providing opportunities for the child to make choices

 Providing choices that allow the child to feel in control


 Punishing and reacting to negative behaviors

 Praising and acknowledging positive behaviors

 Believing the child is intentionally acting out or blaming poor parenting

 Recognizing behaviors as a form of communication

 Providing empty threats/consequences

 Following through on what you say and making realistic promises & consequences

 Giving consequences that do not match the behavior

 Using natural consequences

 Eliminating the expectation of task

 Acknowledging how the child is feeling & reducing the demand

 Waiting for a behavior to occur before setting expectations

 Clearly stating expectations BEFORE behavior begins

 Using vague statements

 Being direct & specific