

Suggestions for Responding to Your Children's Behavior

If Behavior Is Positive

Catch your child behaving well and acknowledge it often!

Offer Positive Reinforcement Daily

- *Verbal Praise: "Good job"; "You should be proud of yourself"*
- *Physical Affection: Hugs, pat on back, giving a "high five"*
- *Increased Privileges: Later bedtime, play a favorite game*
- *Rewards for Bigger Accomplishments: Small toy, Dinner out*

Create a Token Economy

- *Identify specific positive behaviors you are trying to increase*
- *List behaviors on a chart or calendar- Focus on 3-5 at a time*
- *Establish rewards (Increased privileges, Tangible rewards) for the number of positive behaviors your child does each day and week*
- *Every evening, with your child, identify the goals that they met with something positive (Star, Smiling face, Sticker) on the chart*
- *Leave boxes for behaviors that were not accomplished blank*

If Behavior Is Negative

- *Don't give excessive warnings/ second chances*
- *Count to 3 when making a demand of child to reduce your need to yell*
- *When using punishment, start with small/ brief consequences*

If Your Child is Safe

- *Ignore behavior as long as you will be able to ignore it consistently*

If behavior is very disruptive or unsafe

- *Tell the child the behavior you desire*
- *Warn child of a specific negative consequence if behavior doesn't end*
 - *Try not to give more than two reminders/ warnings*
- *Give Time Out (1 – 10 minutes until child is calm) away from distractions*
 - *When calm, discuss an alternative positive behavior for the future*
- *Give a consequence that is related to the misbehavior whenever possible*
- *Restrict privileges or use punishment (Apology letter, Extra chores)*

If you are concerned about your child's happiness or behavior, please contact Dr. Lazar at (619) 540-6038 or email: drjoel@joellazarphd.com.