

How To Use Your Magic Wand And Create A Well- behaved Child

Behavior Doctor Seminars
©2014



Ten Rules of Behavior

- Behavior is learned-
 - If your child is having a behavior you don't like- someone taught them the behavior was okay.



2nd Rule of Behavior

- Behavior is related to the context within which it occurs



3rd Rule of Behavior

- For every year that a behavior has been in place, we need to consider one month of **consistent** and appropriate intervention for us to see a change.



4th Rule of Behavior

- We can improve behavior by 80% just by pointing out what our children are doing correctly.



5th Rule of Behavior

- We know from research that we can improve behavior, but we use it less than 10% of the time.



How to increase your own attempts at changing behavior:

HOMEWORK ASSIGNMENT



Make a tear on the long side, every time you compliment your children

Make a tear on the short side, every time you get after your children

3 X 5 CARD

4 to 1



What they see and hear is what I get.

Energy flows where attention goes.

JEN RATIO



Do you want to sit in the red chair or the blue chair?

Do you want to walk beside me and hold my hand or walk beside me and hold on to my jacket?

This is not an equal choice:

~~Pick up your toys or get grounded~~

EQUAL CHOICE



6th Rule of Behavior

- When we want compliance in our children we should speak to their right ear and offer equal choices-



7th Rule of Behavior

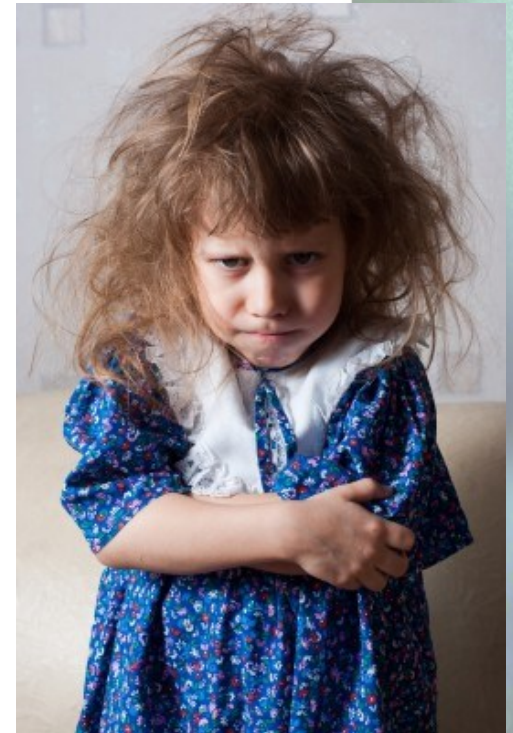
All behavior falls into two categories: Positive reinforcement and Negative reinforcement. Kids are either trying to gain something or escape something by their inappropriate behaviors.



8th Rule of Behavior

Things kids are trying to get:

- 1) Attention- (adults or siblings)
- 2) Access (preferred items)
- 3) Sensory input (proprioceptive input)



9th Rule of Behavior

Kids are trying to escape these things:

- 1) Work or Tasks
- 2) Attention from Adults or Peers
- 3) Pain (emotional or physical)
- 4) Sensory overload (too much coming in)



10th Rule of Behavior

Your reaction determines whether a behavior will happen again or not.
To change child behavior- we have to change our behavior.



- Turn to your neighbor and talk about all 10- which one do you think is most important?
1. Behavior is learned and serves a specific purpose
 2. Behavior is related to the context within which it occurs
 3. For every year that a behavior has been in place, we need to consider one month of consistent and appropriate intervention for us to see a change.
 4. We can improve behavior by 80% just by pointing out what one person is doing correctly.
 5. We know this- but we use it less than 10% of the time.
 6. When we want compliance from our children, we should offer equal choices and whisper in their right ear.
 7. All behavior occurs for two reasons: Kids are trying to get something or kids are trying to escape something.
 8. Kids are trying to get: attention, access to preferred items, or sensory input
 9. Kids are trying to escape: work or tasks, attention, sensory, or pain (physical or emotional)
 10. Our reaction determines whether a behavior will appear again- to change a child's behavior- we have to change our behavior.

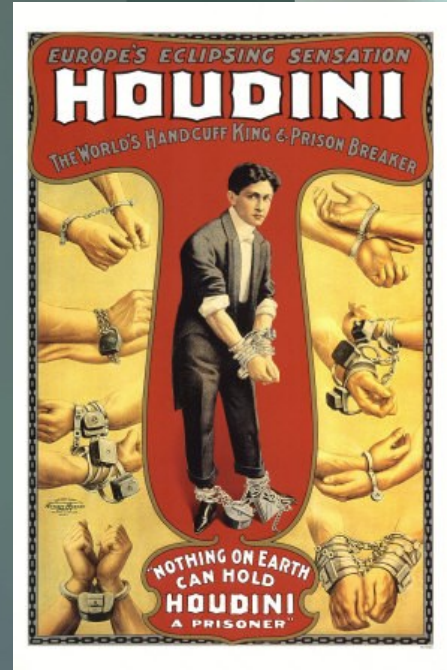
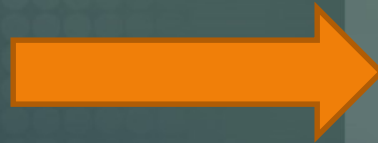
Non-Compliance



You tell your child to do something....

- They blatantly say, “No”.
- They say, “okay”- then do something else.
- They try to barter their way out of it.
- They try to start an argument

Remember- someone taught them what works



Kids want to escape-

- We can have fun with this:
 - Let's say it's chores you want them to do:
 - Starting now- everyone should have chores for their children
 - Post them on the refrigerator
 - Assign points to the chores
 - Each day, they have to earn a certain number of points to earn a reward on the weekend (for younger children you might need to do a reward each night)
 - Don't worry- these rewards are not going to cost you money.

Sample

- Make your bed- 50 points
- Pick up your shoes- 10 points
- Set the table for dinner- 75 points
- Pick up dog doo in backyard- 100 points
- Feed the pets- 50 points
- Straighten family room- 100 points
- Put dishes away- 150 points
- Sort laundry- 50 points
- Clean bathroom- 200 points
- Clear the table after dinner- 50 points
- Run the sweeper- 100 points
- Get your backpack ready for next school day- 50 points
- Pull weeds in the yard- 100 points
- Mow the grass-200 points
- Trim the grass by the front walk- 75 points
- Clean out the car- 100 points
- Organize the garage- 200 points
- Clean your closet- 100 points
- Dust furniture- 175 points
- Clean glass doors- 75 points

Each child must earn 200 points per day

Johnny

- Made bed- 50 pts
- Fed spot- 50 pts
- Picked up dog poo in the backyard- 100 pts

- Total 200 points

Susie

- Made bed- 50 pts
- Organized family room- 100 pts
- Cleared the table after dinner – 50 pts
- Cleaned bathroom- 200 points

- Total 400 points

Susie Wins

**Susie got the
most points today**



She can choose

- What I fix for dinner tomorrow
- What we watch on TV tonight
- What game we play for family game night
- Sit in dad's chair to watch TV
- Use the computer an extra 30 minutes

Non-Compliance Continued

Crying

- Usually the function is to gain attention, access to something, or escape
- Ignore it- the minute they are quiet- give them attention, access to preferred item, or help them with a chore.

Goes like this:

- "Thank you for using a pleasant voice. Now you can play the computer for 10 minutes. I'll help you set the timer."

Non-Compliance Continued

To escape

- If they are crying to get out of cleaning their room etc.

Ignore crying

- The minute they stop- say, "Thank you for using your pleasant voice. I'll help you organize your Legos now."

Uh Oh- You're Grounded

- If you need to ground your child for inappropriate behavior, don't ground them for a week or three days.
 - They'll be miserable and therefore so will you ☺
- Instead- Bummer you are grounded- you have to earn an extra 500 points to get ungrounded.
 - Use the same list on the refrigerator from chores-
 - However, do not pass go and collect 200 dollars- they don't get to be the winner till they are off grounding.

Response Cost

- When you take away things they already have- that is called response cost and for 25% of the world population this doesn't change their behavior.
- Parent- "No Xbox for 3 days"
- Child- "I don't like Xbox anyway"
- (They really do- but they are not going to give you the satisfaction of letting you know it. They will find something else to fill their time.)

Insanity

- If you have taken away their Xbox, skateboard, etc. a million times and they still have the same behaviors- you are engaging in the insanity loop.
 - Doing the same thing over and over again and expecting different results.
- To be a real intervention it has to change the behavior.
- It has to be proactive- not reactive.

TIPP it in your favor

- **T**each them what you want them to do
- **I**mprint it by modeling the behavior yourself.
- **P**practice it with them so they know what it looks like, sounds like, and feels like.
- **P**raise it when you see it-
behavior specific praise.

Expectations vs. Rules

- Have 3-5 expectations for your family that you TIPP.
- Call them expectations- expectations are meant to be followed.
- In a child's mind.....

RULES
ARE
MEANT
TO BE
BROKEN!

In this family:

- **Be Respectful**
- **Be Responsible**
- **Be Safe**

You can't just say

Be Good



Behave



Three Levels to Change

Set them up for success-
proactively – Make it more fun to have the right behavior than the wrong behavior

Teach them a replacement behavior- what do you want them to do instead- TIPP

Modify how you will respond- what are they trying to get or get out of by having behavior- don't feed the behavior

Wrong Way Sample

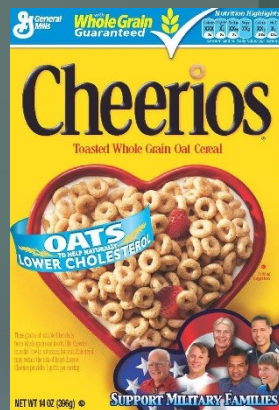
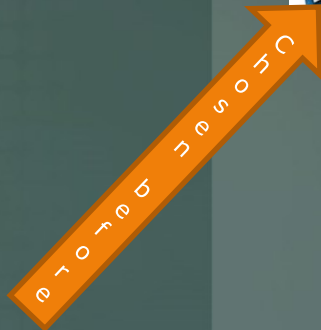
- Shopping Trip
 - “quit crying”
 - “wait till I tell your father”
 - “if you don’t stop that, I’ll give you something to cry about.”
 - “do you want a spanking?”



Right Way Sample



Before Grocery Store



McDonalds



“Eat your nuggets and I’ll take you to Wal-Mart to get a toy.”- Kid was playing with new toy from “Happy Meal”. Parent taught kid to play with toy and not eat- it was worth two toys that way.

If you are going to go to McDonalds and get them a Happy Meal- tell them ahead of time- “I’m going to put the toy away and you can have it when you are finished eating.” Be Consistent. If you’ve always done it the other way- talk about it before and go home to eat it so they can cry if they want to- but don’t give in.

Make a Movie

- Make a PowerPoint or a movie about what it's going to look like wherever you are going.
- Show your child engaging in the appropriate behavior- cut out all the inappropriate behavior (never show them having inappropriate behavior- that's what will stick.)

Johnny's Trip to the grocery store

Johnny and Dad are going to the grocery store.



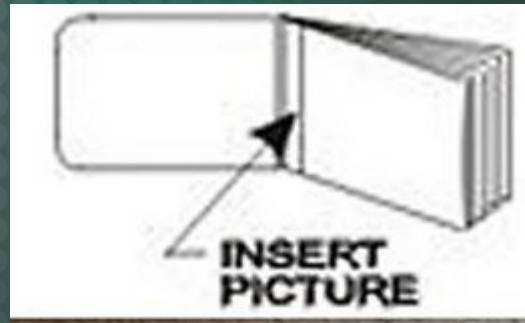
- Johnny will be a big help by holding on to Dad's hand.



- When we get in the store, Johnny will sit in the basket.



- Johnny will help Dad find the things on our list.



Insert pictures of the things you want to purchase in this booklet. Let your child help you spot them on the shelves. Put them in the booklet in the order you will find them in the store.

- Johnny and Dad will get all the things they need from the grocery store. Johnny will be a big help.



- Johnny will check off the items as the cashier rings them up.



- When Johnny gets out of the basket, he will hold dad's hand as they walk to the car.



- When we get home from the store, Dad will shoot hoops with Johnny for having good behavior at the store.



Homework



First find a place

- Although the dining room table is handy- it's not a good place for doing homework.
- It should be quiet- no TV noise should be able to be heard.
- It should be clutter free.
- Every child should have their own place.



Child's bedroom

- It can be in the child's bedroom as long as there is no TV in there and no computer- unless a computer is part of the homework.
- Block channels on the computer
 - Link for Internet Safety Site
 - <http://www.pcmag.com/article2/0,2817,2346997,00.asp>

Desk if possible

- Nothing should be on the desk except the work they are working on and a few supplies.



<http://www.sheknows.com/living/articles/815758/getting-organized-1>

Timer

- You should have a timer for each child
 - Set it for 30 minutes
 - Then give them a five-ten minute break
 - The break should not be TV or computer- they should be up moving
 - Earn points for every 30 minutes they do
 - To get their break- they need to show you what they've completed in the last 30 minutes.

If it's noisy in your house

- If it's noisy in your house- equip your child with headphones
 - The dollar store sells noise reducing headphones for people to wear when working in the yard.
 - These will work.





Homework planning sheet- <http://jillkuzma.files.wordpress.com/2012/12/homework-planning-sheet.pdf>

Created by: Jill D. Kuzma, <http://jillkuzma.wordpress.com>

Homework Planning

I will fill this sheet out at the end of the day with my teacher at _____ with Mrs. _____. This will help me make sure I have every planned out to get my homework *done* without stressing out!

Date: _____ Planning Coach: _____

Subject/Assignment	I need to take home: 	At home, I need to get: 	When will I do this? 	Who will help/check it? 	Where to put it when done?

Parent Signature: _____ Planning Coach Signature: _____

Transition

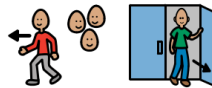
<http://jillkuzma.files.wordpress.com/2012/12/transition-docs.pdf>

Jill D. Kuzma M.A., CCC-SLP - 10/2010 - <http://jillkuzma.wordpress.com>

Transition

means:

Move your
BODY to the
next place or
job



Move your
BRAIN to think
about your next
job or topic



Tantrums



Teach your child how to calm

- There is not anyone in this room who hasn't felt like having a tantrum, losing it, cussing, flipping, etc.
 - We all know not to do that because it is not socially appropriate and it doesn't help
 - Kids don't know this yet
 - We have to help them learn how to flip the switch when they feel that way.

Steps to Calm

Step One

- Take a deep breath

Step Two

- Go to your calming spot

Beanbag

Highly recommend every home have one:



- Blue- it's a calming color
- Pleather- it is cool to the touch
- Like getting a cool hug when core body temperature is up

Nature Pictures

7 minutes

- University of Michigan and Chicago research study found looking at nature pictures for 7 minutes decreased anxiety.

Put up some pics in this area near the beanbag



**Get 20 pompons and an
empty Kleenex box**



Calmmy breathing



Put your tongue
behind your two front teeth.

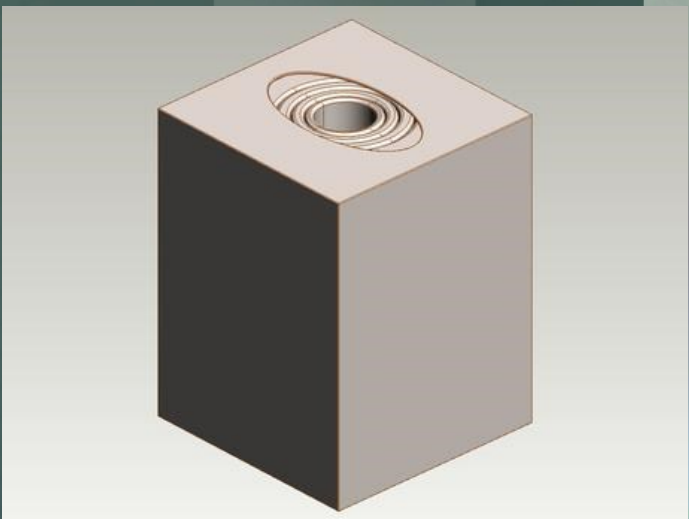


Put your lips together



Breathe in through your nose: 1-2-3-4

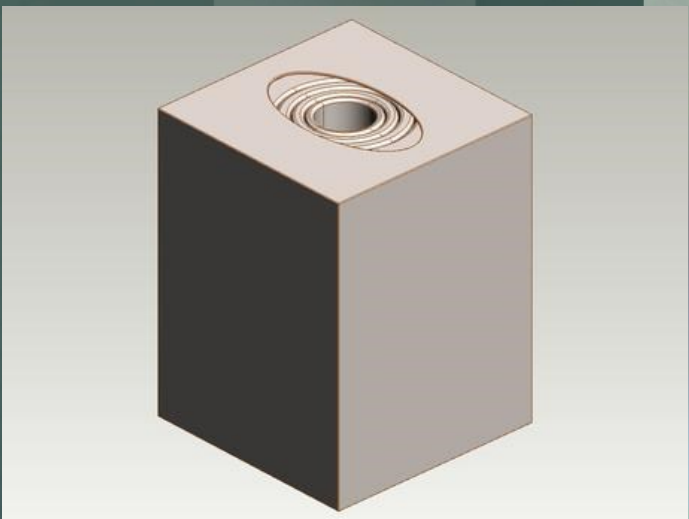
Put a pompon in the Kleenex box





Breathe out through your nose: 1-2-3-4

Put a pompon in the Kleenex box



Repeat until all 20 pompons are gone.

- Think happy thoughts.



Mealtime



Picky Eaters

- Take the one thing they do eat-
say tater tots
- Look up a recipe that includes
their one item they love
- Have them help you fix the new
item-
 - Give them an apron and have them
make menus for everyone for dinner
 - Let everyone vote on the recipe after
dinner
 - Make it like a TV show
 - Mom's version vs. Kids' version even
 - Rule- everyone must take 5 bites of
new food

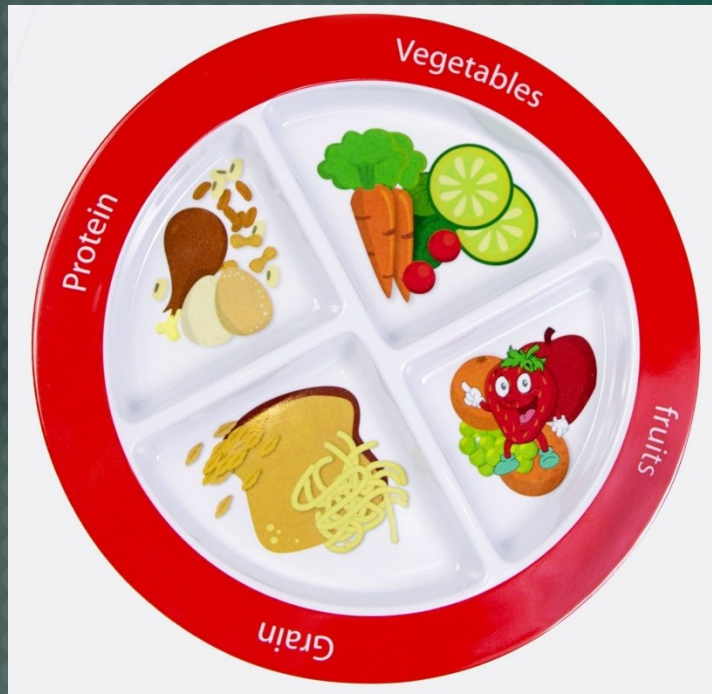
Teeter Totter Eaters

- Up – down- up - down
- Fly by eating
- Points for sitting at the table during dinner
- Try sitting on a different seat

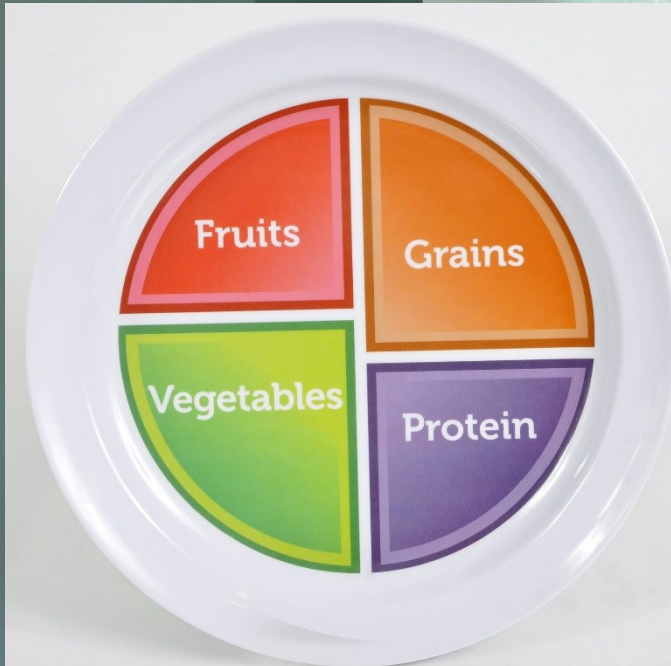


Wal-mart for \$10.88- Yoga Pilates Core Disk

Junk Food a-holics



25 points for
eating something
in each quadrant



Sneaky Parent

- <http://www.thesneakychef.com/>
- She teaches you how to hide vegetables in kids' food and they'll like what you are feeding them

Bedtime



Getting Children to Bed on Time





Setting a Bed Time

- Most parents wait until very late to start moving their children toward bedtime.
- Here are some guidelines:
 - 1-3 years old– 13-14 hrs a day
 - 3-6 years old– 10.5-12 hrs a day
 - 7-12—10-11 hrs a day
 - 13-18– 8 ¼ -9 ½ hrs a day
- Do the math- if your 6 year old child (who does not nap) must rise at 7 a.m. then they should be in bed at 7 p.m.
 - Most of the parents I know say their children go to bed at 9 or 10 p.m.

Make a chart

Take a picture of the clock in your house so the child knows what the clock looks like at bedtime.

- Post this on the refrigerator.**
- Put a picture of Mom & Dad being proud of the child with a affirmation statement about going to bed on time.**





Parents report it works as long as they remember this:

- The University of Michigan found that offering equal choices increased compliance and offering it on right side of child helps them be compliant.
- Remember right ear – processed by left side of the brain which is the language processing side of the brain.

Important Ingredient:

Don't wait till 8:00 to start getting your child ready for bed each evening.

- If bedtime is 8:00 then turn off the TV or Computer at 7:00 and say something like this:

- “Do you want to go to bed now, or thirty minutes from now?”
 - Any red blooded child will say “30 minutes from now” and that’s when you make deposit number one.
 - Say, **“high five.”**

on whatever they were doing and go about your



At 7:50 say this:



- Do you want a piggy back ride to bed or a horsey back ride to bed?
 - (not recommended if your child is 16)
 - Whatever your child replies, you say,
 - **“high five.”**
 - Give them a ride to bed.

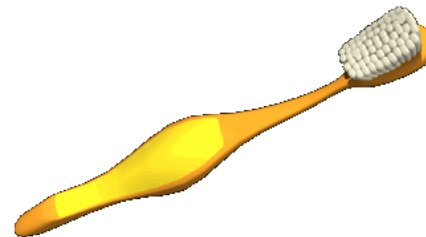
When you get down to the bedroom, say:

- “Do you want to wear your blue, yellow or red pajamas?”
- Whatever your child says, you say, **“high five.”**



Brushing Teeth

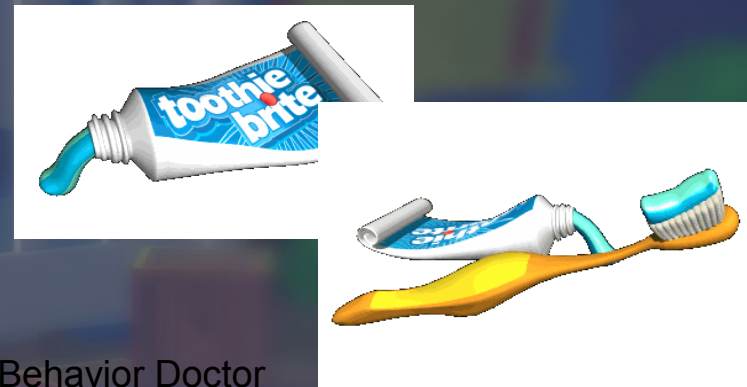
- You are getting the hang of it. Here we go.... “Do you want to brush your teeth with the yellow toothbrush or the blue toothbrush?”



- Whatever the child says, you say, **“high five.”**

Toothpaste????

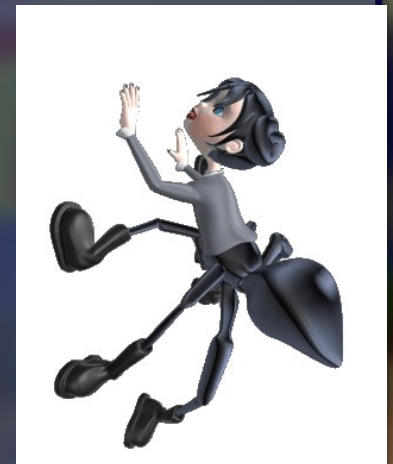
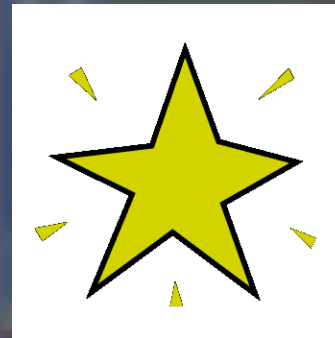
- “Do you want striped toothpaste or sparkle toothpaste?”
- Whatever the child says, you say: **“high five.”**



Whatever the child says, you say,
“high five.”

Do you want me to sing:

- Twinkle, Twinkle little star
or Eency Weency Spider
while you brush your
teeth?



Do you want to drink
your water from a cup
or a glass?



- Whatever they say, you say, **“high five.”**

Do you want to hear
one bedtime story or
two?



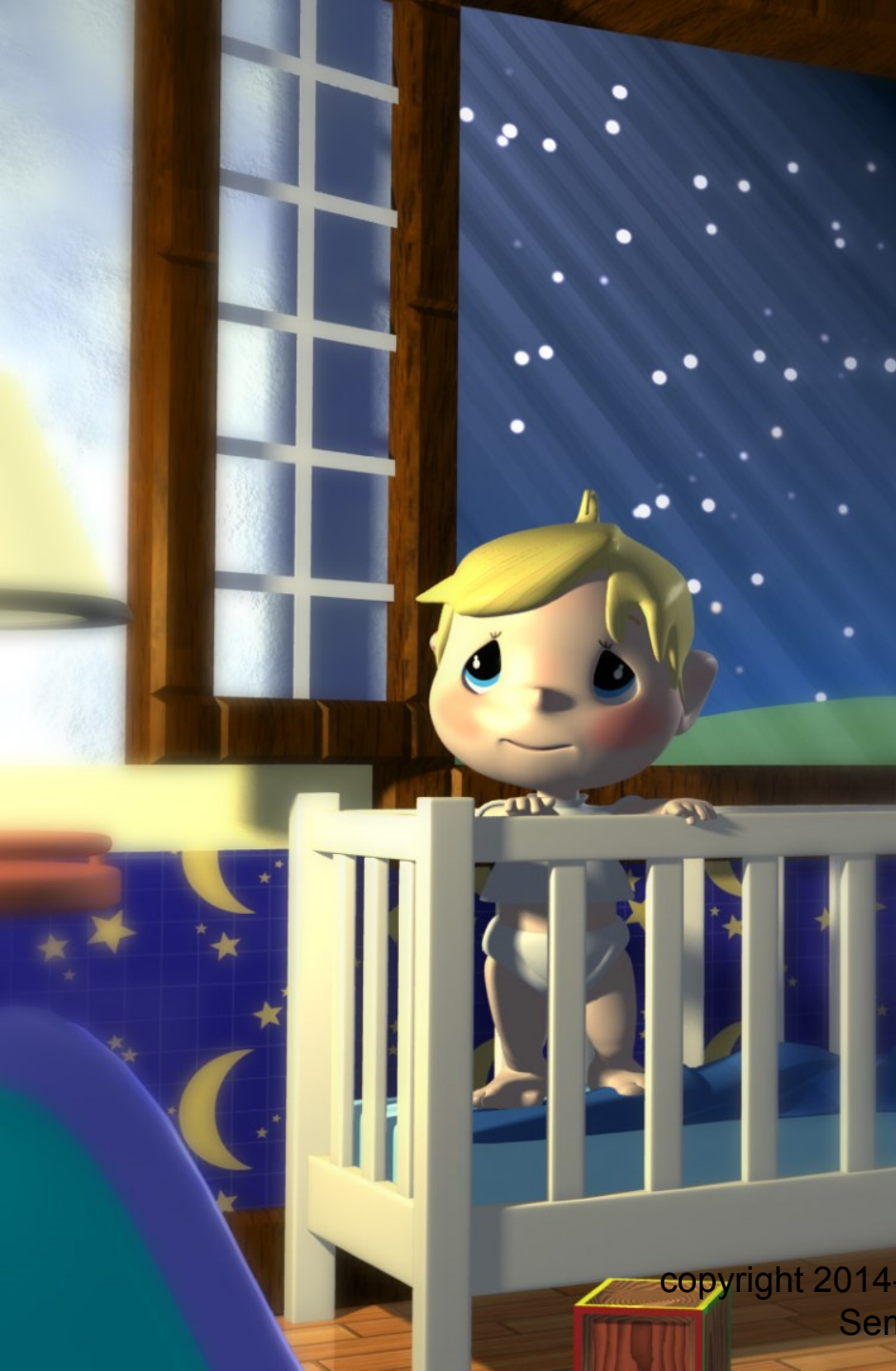
- Whatever they say, you say,
"high five."
- PS- Get a book with lots of
very short stories in it.

Prayers

- “Do you want to say your prayers by yourself and I listen or do you want me to say them with you?”



- Whatever they say, you say, **“high five.”**



Do you want the
music on or the
music off?



- Whatever they say, you say, **“high five.”**

Lights on or Lights off?



- Whatever they say, you say, **“high five.”**

Door open or door closed?

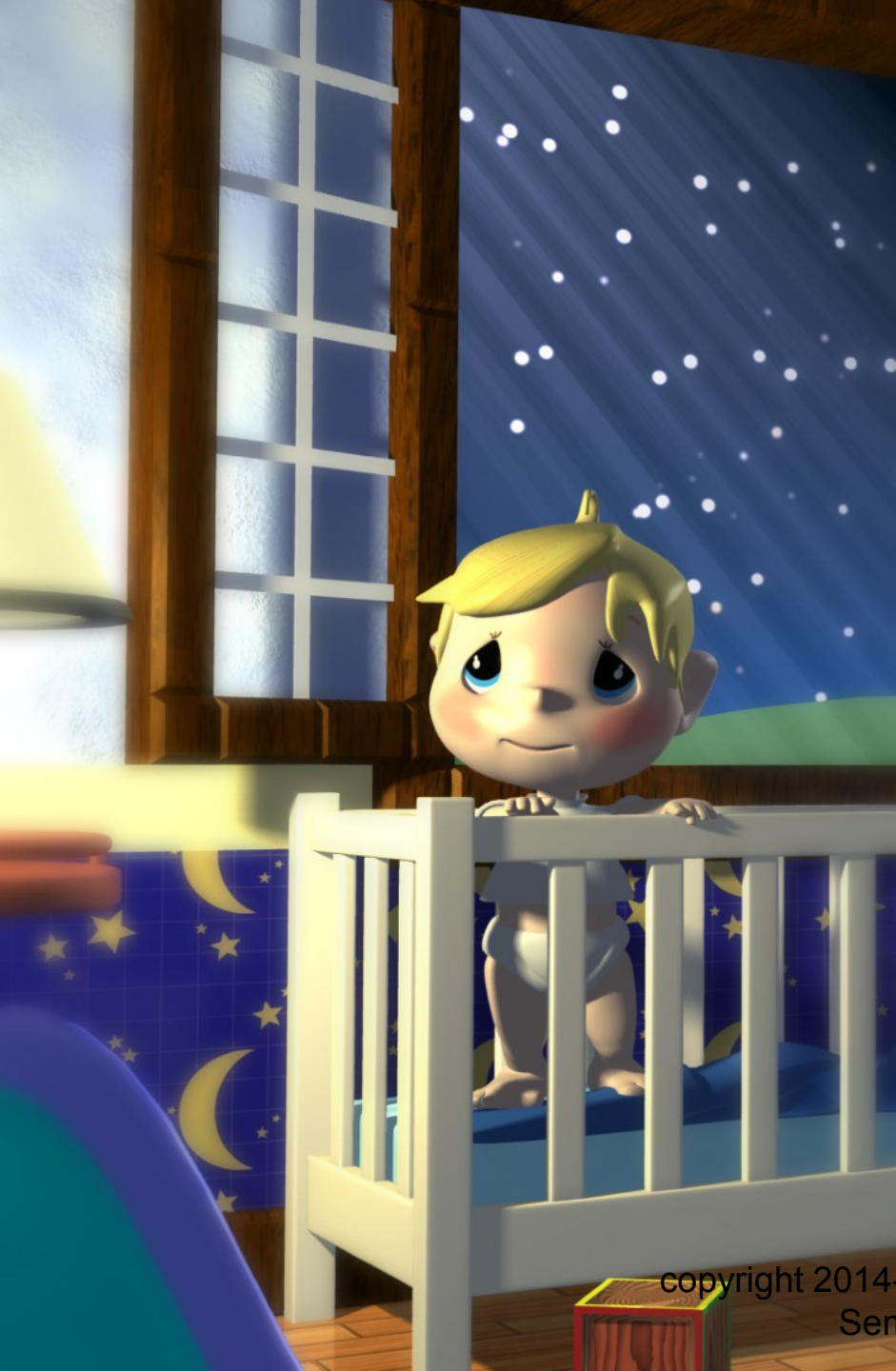


- Whatever they say, you say, **“high five.”**



Review the Night

- Label all the appropriate behavior:
 - I like the way you:
 - Chose
 - A piggy back ride
 - Your blue pajamas
 - The red toothbrush
 - The sparkle toothpaste
 - The water from a cup
 - The bedtime story
 - The prayer with mom
 - The music on
 - The lights off
 - The door open
- Sleep tight, see you in the morning.



What will most kids do at this point?

- A. Go to bed without a sound.
- B. Wet their pants
- C. Follow you out the door and beg.



Most important key: Make no eye contact.

- Pick your child up and carry them back and set them on their bed and walk back out.
 - Never look them in the eye or say any words.
 - Just keep picking them up, carrying them back, setting them on their bed, and walking back out the door.



The child comes out...

You take them back.





The child comes out...

You take them back.



**Repeat the process
until your
Child stays in bed.**

**Do not decide to start
this on a Sunday night,
when you have a big
meeting
in the morning.**

You and your child
will be sleeping like a
baby in no time.



copyright 2014- Behavior Doctor
Seminars