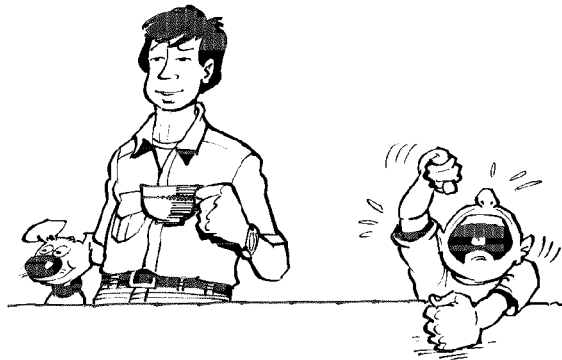


# **Program Four: Preventing and Managing Misbehavior**



## **Part 2: Ignore, Distract and Redirect**

### **Refrigerator Notes and Handouts**



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## Part 2: Ignore, Distract and Redirect

### HOME ACTIVITIES FOR THE WEEK



#### To Do:

**ON THE BEHAVIOR RECORD HANDOUT**, review the list of the behaviors you want to see more of and less of.

**SELECT** one challenging behavior you plan to ignore while giving attention and praise to its positive opposite behavior. Share with other adults in the family.

**PRACTICE USING COPING THOUGHTS WHEN IGNORING.**

**WAIT FOR YOUR CHILD TO CALM DOWN & THEN USE A DISTRACTION OR REDIRECTION.**

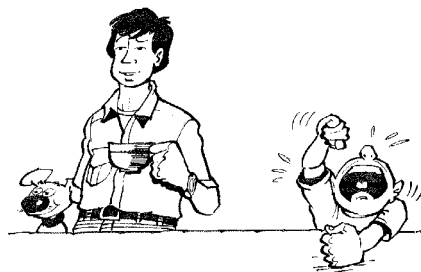
**PRAISE** your child for complying with commands /requests or instructions.

**CONNECT WITH YOUR BUDDY** from the group and share ideas about using Ignore, distractions and redirections.



#### To Read:

Handouts and Chapter 8, *Ignore*, & Chapter 14, *Controlling Upsetting Thoughts* in **The Incredible Years** parent book or audiobook.



***Remember to continue playing and giving positive attention to “positive opposite” behaviors!***



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Home Activities

## RECORD SHEET: IGNORE, DISTRACT, REDIRECT AND PRAISE



**2**

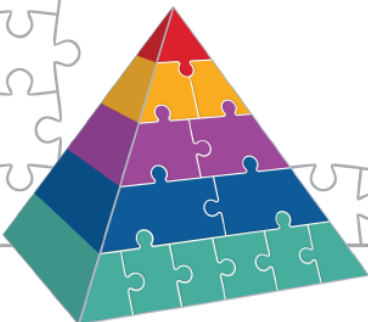
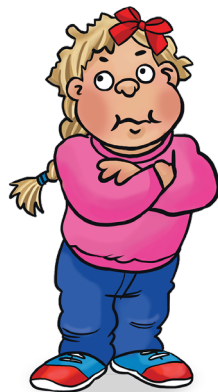
Record the negative or challenging behavior you will ignore this week and the positive opposite behavior you will praise instead, and your child's response.

Date	Behavior Ignored e.g. Yelling	Positive Opposite Behavior Praised e.g. Asking for what they want with friendly voice	Child's Response
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## REFRIGERATOR NOTES

### ABOUT IGNORING, DISTRACTING AND REDIRECTING

- Avoid eye contact and discussion while ignoring.
- Physically move away from your child but stay in the room so child is safe & you can return your positive attention.
- Be subtle in the way you ignore.
- Be prepared for your child's testing when first starting to ignore target behavior.
- Be consistent and patient.
- Return your attention as soon as child is re-regulated and focus on child's positive opposite behavior with your positive attention.
- Use distractions and redirections when child is more regulated.
- Choose only 1-2 specific child misbehaviors to ignore at first and make sure they are ones you can ignore.
- Try to regulate your own mood and stay calm and patient when ignoring.





## REFRIGERATOR NOTES

### PARENTS LEARNING COGNITIVE SELF-CONTROL

Many family members find that in stressful situations they cannot maintain their self-control. Others report they suffer from chronic anger, anxiety or depression, and they are easily set off by the slightest event. However, when parents allow themselves to become so overwhelmed that they overreact, the consequences can be unfortunate. Parents may say or do something they will regret. After they calm down, they may feel guilty and avoid dealing with the child for fear of repeating the episode. It is frightening and anxiety-provoking for a child to see a parent lose control. Also, the child learns to imitate these aggressive behaviors in other situations. These cycles of parental overreaction and avoidance make it difficult to deal with the child in a consistent manner. The best approach is to achieve a middle ground—not be so overwhelmed that you can't respond or so upset that you overreact.

#### **Upsetting & Negative Thoughts**

"My child is impossible. This is getting worse. He'll never change."

"Nothing I am doing is working."

"He's just like...."

"I can't handle it when...."

"My child never listens."

"I don't think I can do this."

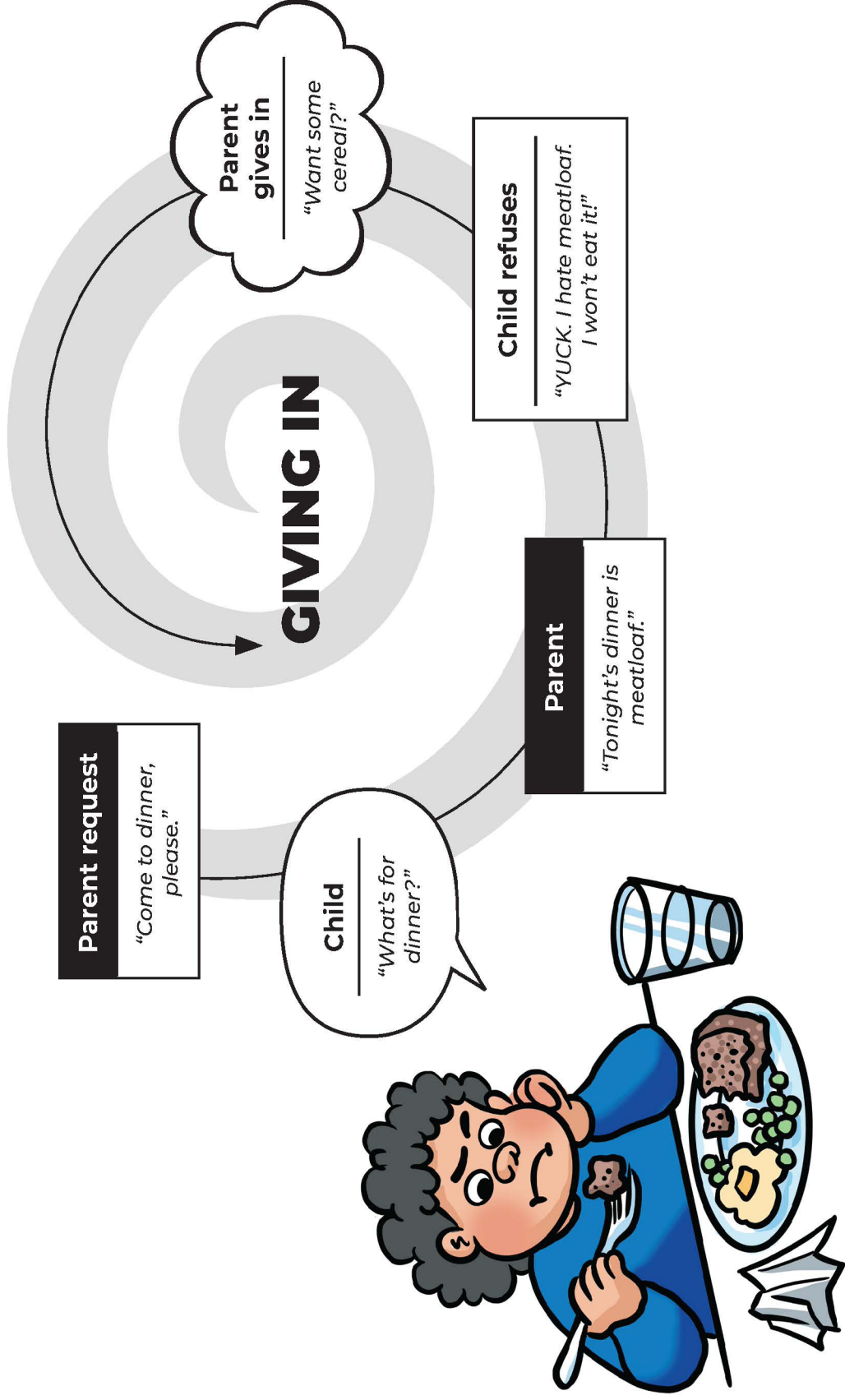
"My child hates me and likes to see me upset."

#### **Calming Thoughts**














"My child is testing to see if he can have his own way. My job is to stay calm and help him learn better ways to behave."

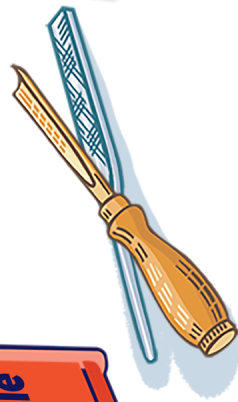
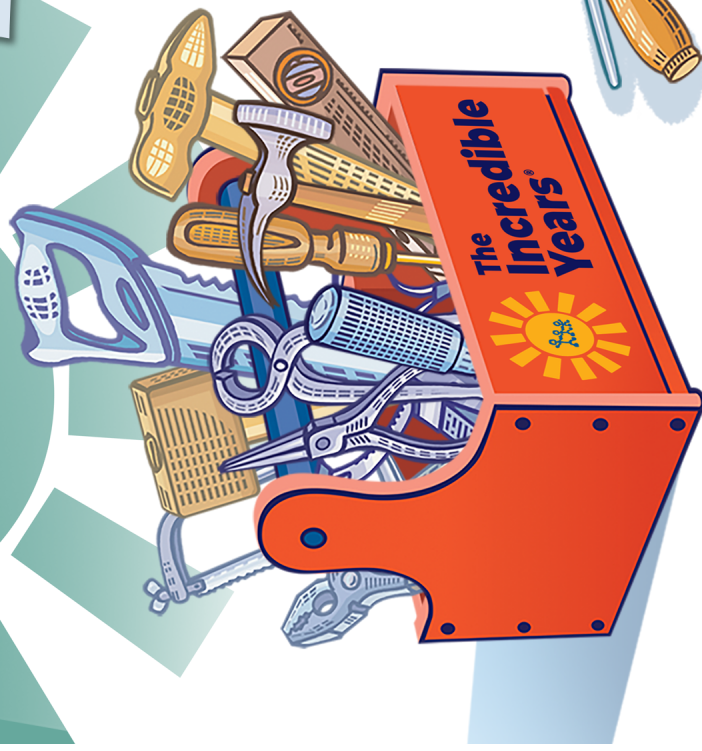
"I can handle this. I am in control. He has just learned some powerful ways to get control. I will teach him more appropriate ways to behave."

## Ineffective Limit Setting: Giving In Trap






-  **Follow Routine**
-  **Ignore**
-  **Monitor Child**
-  **Teaching Positive Opposite Behavior**
-  **Clear Command or Requests**
-  **First... Then**
-  **Logical & Natural Consequences**
-  **Shaping**
-  **Prompting**
-  **Give Choices**
-  **Establish Consistent Routines & Rules**
-  **Teaching Self-Regulation**
-  **Respect Rule**
-  **Time Out to Calm Down**





## Brainstorm/Buzz: Target Behaviors

*Praise “Positive Opposites”*

Behaviors I want to see less of: (e.g., yelling)	Positive opposite behavior I want to see more of: (e.g., polite voice)
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
	



## Brainstorm/Buzz: Ways for Parents to Stay Calm



When you first start ignoring misbehavior, the behavior will get worse before it gets better. It is important to be prepared to wait out this challenging period. If you give into the oppositional and challenging behavior, this behavior will be reinforced and your child will learn that by protesting loudly, they can get their own way.



It is important to stay calm while ignoring. Try to think ahead and brainstorm ways to remain calm when ignoring misbehavior. Write your ideas below.

*relaxation techniques*  
*deep breaths*  
*positive thoughts*  
*turn on some music*



*Remember, all young children argue and protest to get what they want. This is not personal, but a reflection of their strive to be independent and to test the rules.*

**Goal:** I will commit to tell myself the following \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

when my child protests.

## Brainstorm/Buzz: Behaviors to Ignore

Behaviors such as pouting, sulking, screaming, swearing, tantruming and arguing are good candidates for ignoring. These behaviors are annoying, but they never really seem to hurt anyone, and the behaviors will disappear if they are systematically ignored. The ignoring technique should not be used, however, with behaviors that could lead to physical injury, property damage, or intolerable disruption of an ongoing activity.

Ignoring is one of the most effective strategies you can use to reduce children's challenging behaviors.



### **Child Behaviors I Will Ignore**

*e.g., whining*

*tantrums*



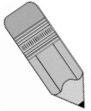
**Goal:** I will commit to ignoring \_\_\_\_\_

behavior whenever it occurs. I will praise \_\_\_\_\_

behavior, the positive opposite of the challenging behavior I am ignoring.



## Brainstorm/Buzz: Using Selective Ignoring



Sometimes, children will show positive and negative behaviors during the same activity. For example, a child might follow directions (positive behavior) while whining or rolling their eyes (negative attitude). Selective ignoring is a technique where a parent praises or rewards the part of the behavior that is positive while ignoring the negative behavior. For example, a parent might praise the child for following directions, and pay no attention to the whining or negative attitude. This way, children learn that they will receive positive attention for some behaviors, but will not receive attention for other behavior (e.g., arguing).

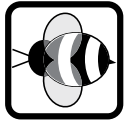
Think about some situations where this kind of selective ignoring could be effective.

### ***When Would Selective Ignoring be Effective?***

*e.g., when my child is following directions but giving me "attitude" at the same time, I will praise their compliance and ignore their attitude.*



**Goal:** I will commit to praising \_\_\_\_\_  
behavior while ignoring \_\_\_\_\_  
behavior.

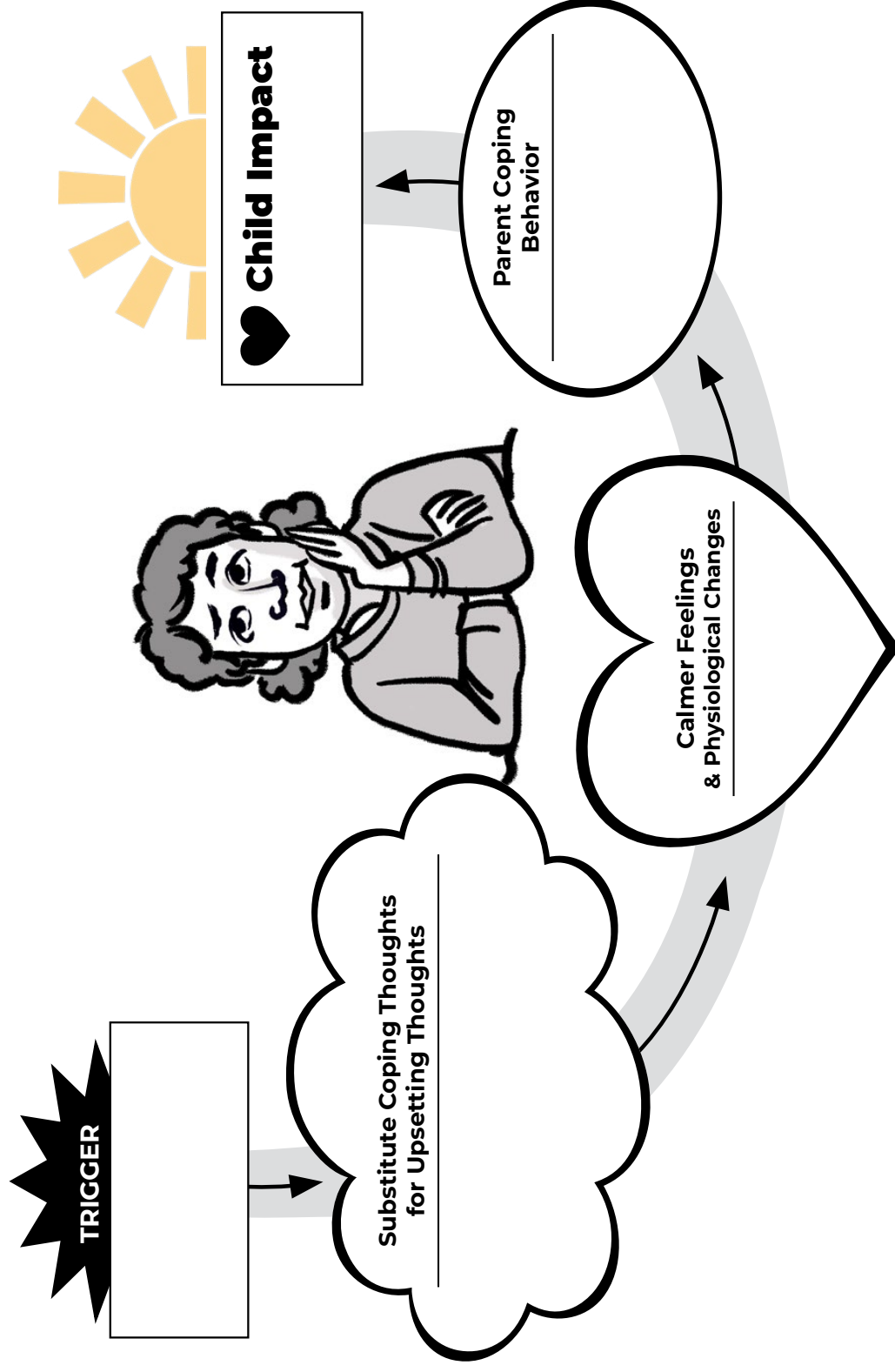


## Brainstorm/Buzz: Connect Thoughts, Feelings, and Behaviors

How could you replace negative thoughts with positive coping thoughts in order to stay calm, patient and positive in your parenting approach?

### Practice:

### Connect Positive Thoughts, Feelings and Behaviors





## **Brainstorm/Buzz: Self-Talk and Positive Thoughts to Use in Problem Situations**

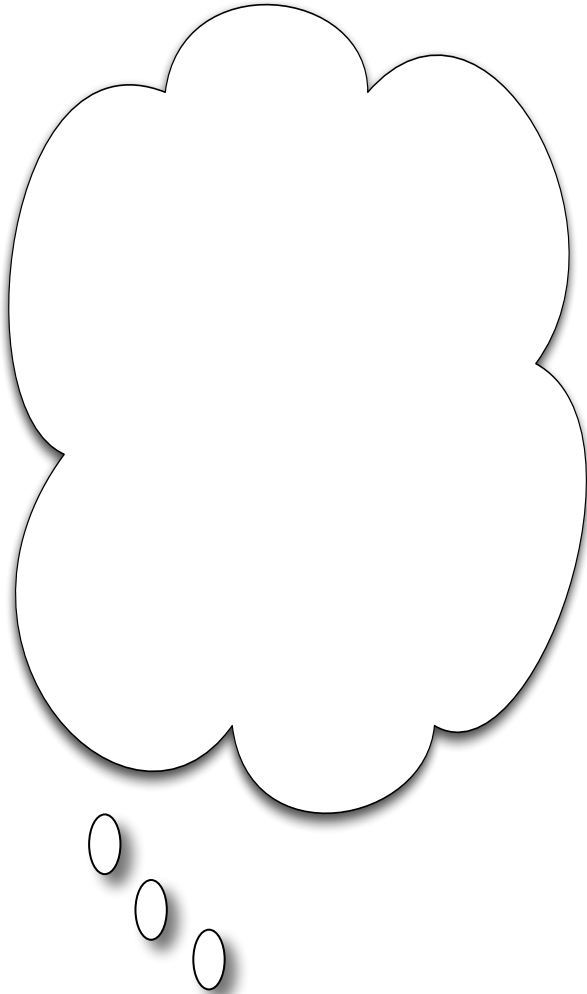


Identify a problem situation and the upsetting or negative thoughts you have at the time. Write down some alternative calming or coping thoughts that you might use to redefine the situation. Next time you find yourself using negative self-talk, give yourself some time to think positively, to feel calmer and consider the alternative parenting tools available to you for dealing with the situation.

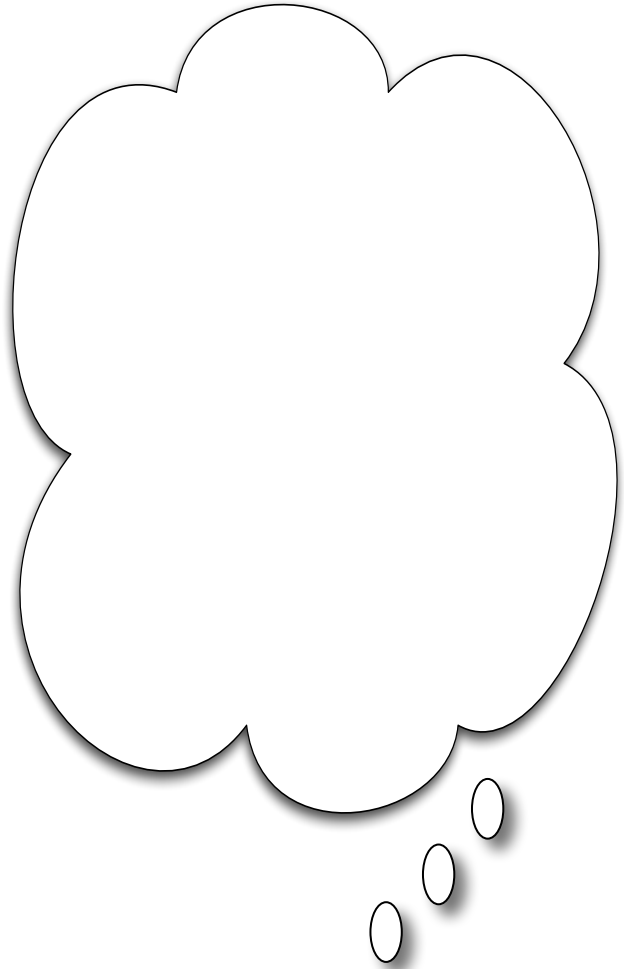


Problem Situation: \_\_\_\_\_

### ***Upsetting Thoughts***



### ***Calming Thoughts***



## Brainstorm/Buzz: Coping Statements

*Write your own positive coping statements and practice them during the week.*



*"I can stay calm."*



## Brainstorm/Buzz: Staying Calm & Managing Anger with Positive Thoughts



Rewrite the following negative self-talk with positive coping thoughts.




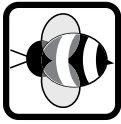
Negative Self-Talk	Positive Coping Thoughts
<ul style="list-style-type: none"> <li>• I can't stand this—it's too hard!</li> <li>• I don't know what to do.</li> <li>• Ignoring will never work.</li> <li>• I am losing control and will explode soon.</li> <li>• I am going to hit her just like my mom did to me.</li> <li>• It's awful to let him disrespect me. It's not good to look weak in front of my child.</li> <li>• I hate being disrespected.</li> <li>• She will never change.</li> <li>• I can't let him challenge my authority.</li> <li>• He hurt me so I should hurt him.</li> <li>• I don't like him when he's like this.</li> </ul>	

# Brainstorm/Buzz: Staying Calm & Managing Anger

Continued from previous page



Negative Self-Talk	Positive Coping Thoughts
<ul style="list-style-type: none"> <li>• The neighbors will complain if I don't get this stopped.</li> <li>• She will never stop whining.</li> <li>• A little more force on my part will stop her.</li> <li>• That brat knows how much this bugs me—he's doing it on purpose.</li> <li>• I'm an inept parent—should never have had children.</li> <li>• I can't let her get away with that.</li> <li>• It's all his dad's (or mom's) fault.</li> </ul>	
<p><b>Goal:</b> I will commit to stopping and challenging my negative self-talk and working on practicing using coping and positive self-talk as well as giving myself time to calm down.</p>	

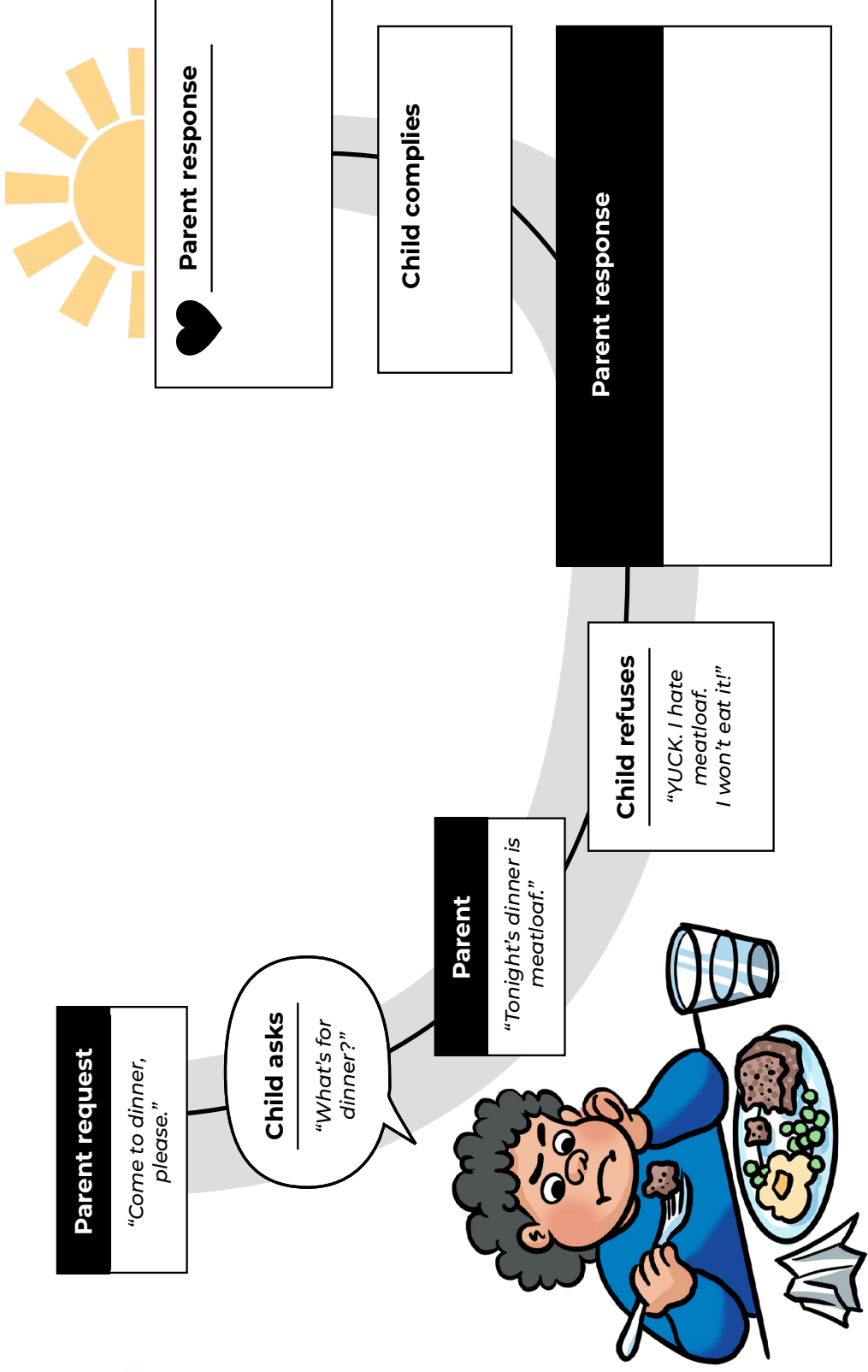


## Brainstorm/Buzz: How Could You Respond?

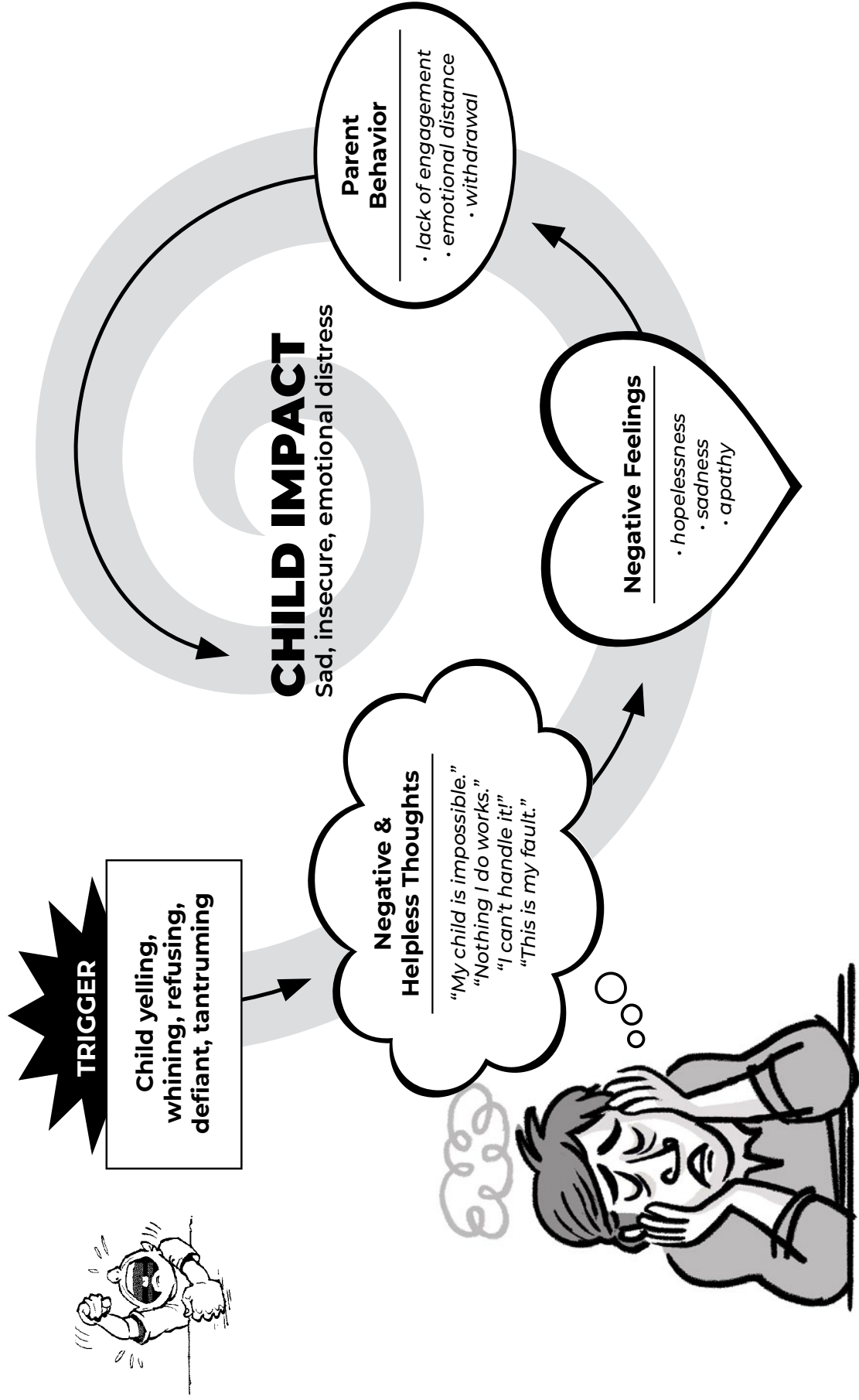
How could you respond to your child's rejection or refusal of food at mealtime?



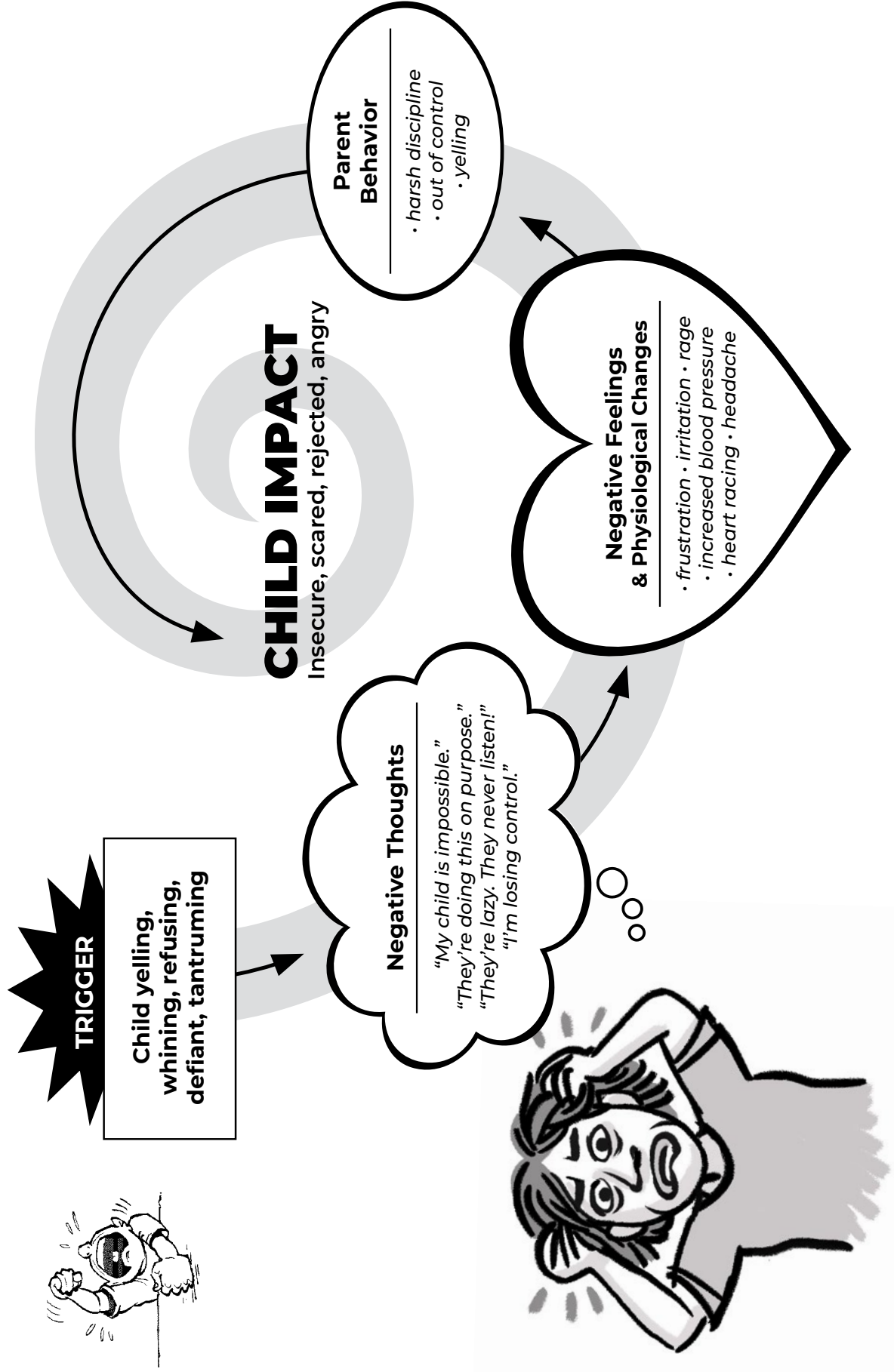
## Practice - How could you respond?



# Parent Depression Cycle



# Parent Anger Cycle



# Coping Cycle:

## Connect Positive Thoughts, Feelings and Behaviors

