

From *Love & Limits*

By Elizabeth Crary

Look for good behavior

- Pay attention to it
 - List 10 things you want your child to do. Spend 3 minutes each hour looking for it. Check it off on a list.
 - Ask someone to help you look.
 - Compliment yourself when you notice the good.
 - Ask your child's teacher or day care provider for 3 positive traits or behaviors and look for them.
 - Spend 5 minutes each day looking for good behavior; star on calendar.
- Praise it
- Reward it – stars, stickers, pennies, a smile, crackers, toy, hug, time w/you, read a story, bake cookies, gum, trip to the library, ice cream cone, pencil, etc.

Avoid problems

- Make expectations clear
- Give 2 Yeses for every No – ‘You can do ___ or ___, but not ____’
- Change the situation: environment, time, activity

Acknowledge feelings

- Simple listening w/o talking about it
- Active listening – repeat what happened and how the child felt
- Grant fantasy – ‘I wish I could...’

Set appropriate limits

- State clear rules – simple, geared to the age and personality
- Develop consequences – related to the misbehavior
- Follow through

Teach new skills

- Model
- Re-do it right
- Shaping
 - Simplify and give smaller steps
 - List abilities your child needs
 - Notice what he or she can do
 - Make a plan