

"The Best Of"

Parent tips based on

The Incredible Years

by Carolyn Webster-Stratton, PhD

Building Your Relationship

- A. **PLAY!** It's how kids learn best. Teach and coach skills you want them to learn. Have fun playing and allow for child-led play.
- B. **PRAISE!** Praise any behavior you want to see more of. Positive attention makes people smile. Smiling and joyful laughter reduce stress.



Preventing Misbehaviors

- A. **Have Rules and Routines.** Kids will learn and know what is expected of them.
- B. **Use Redirection and Distractions.** Offer other options when possible.
- C. **Give Choices-** Let kids pick between two things that you choose.
- D. **Use Warnings-** Help kids prepare for changes in routines and activities.
- E. **Use Clear Commands-** Positively state what you want kids to do, NOT what you don't want them to do. This avoids power struggles and gives "thinking words" instead of STOP or DON'T.
 - I. Use a "When – Then" command to motivate children. (*"When your room is clean, then we can go outside to play."*)
 - II. Use an "If- Then" command when a consequence is coming next. (*"If you don't clean your room, then you cannot go to the playground."*)



Reducing Misbehaviors

- A. **Ignore** certain behaviors, especially the annoying ones.
- B. **Use Time Out for Aggression.** Teach and practice calming skills and time out steps first, and then use time out steps for non-compliance.
- C. **Use Natural and Logical Consequences-** Have consequences that fit, are reasonable, and respectful.
- D. **Teach children how to solve problems-** These skills will last a lifetime!



The Incredible Years (www.IncredibleYears.com)

Strategies are a part of evidence-based parenting practices used and promoted by OhioGuidestone.

Top 10 Tips for Handling Challenging Behaviors

By: Donna J, Mental Health Consultant from OhioGuidestone

1. Take 3 deep breaths. It's the best thing we can do for our bodies, and to keep calm and regain focus.
2. Have balance between work and play times. Our bodies and brains need breaks, and time for laughter and smiles!
3. Monday - Friday: Try to build in some routines, and be consistent. This can be with meal time, play time, quiet time, and clean up times.
4. Give choices. Let kids pick between 2 things to give them control and to reduce power struggles.
5. Be close to children when giving directions and get down on their eye level.
6. Use clear (and simple) commands. Tell kids exactly what you want them *to* do, not what you want them to *stop* doing.
7. Recognize and praise ANY POSITIVE behavior you want to see more of. You will increase chances you will see more of it.
8. Ignore annoying behaviors, but provide consequences for hurtful behaviors.
9. PLAY more! Take a break with kids to be silly or have a quick dance party!
10. Take good care of yourself. Try to eat, drink, and sleep as regularly as possible. Be kind, forgiving, and patient with yourself.

