



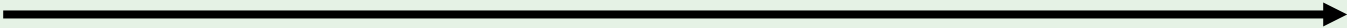
Selective Attention

SILENCE

REDIRECT

TURN YOUR EYES/FACE/BACK

WALK AWAY



We use **Selective Attention** to deal with behaviors that are minor, irritating, and inappropriate. Ignoring these behaviors is an active way to correct them! You will strategically use the technique to stop specific behaviors. **Tell your child ahead of time that you will ignore him/her if the behavior continues.** It will be helpful to occasionally speak out loud to yourself while ignoring, describing your appropriate behavior. This shows your child what behavior you want to see before you will speak or play with them again.

BEHAVIORS TO 'ACTIVELY' IGNORE:

- Angry mood
- Argues
- Baby talk
- Bangs head
- Braggs
- Chews toys
- Clingy
- Cruel to inanimate objects
- Demanding
- Doesn't answer
- Grabs toys
- Lies
- Loud talk
- Refuses to play

- Refuses to share toys
- Refuses to sit on chair
- Refuses to talk
- Sulking
- Swearing
- Tassing
- Screaming
- Selfish
- Shows off
- Stubborn
- Threatens
- Throws or pushes toys off the table
- Uncooperative
- Whines

WAYS TO DO AN ACTIVE IGNORE

- Stay silent.
- Turn your eyes away.
- Play with something else.
- Keep your facial expression blank.
- Make your play really fun so that the child will want to play that activity.
- Compliment or praise another child's appropriate behavior.
- Turn your back away.
- Leave the table and stand in the corner.
- If the child's behavior becomes dangerous – your PCIT coach will help you develop a solution.

Examples:

Redirect:

- "I'm going to play with something else since you have all the play dough."
- "I'm having so much fun playing with Mr. Potato Head."
- "I'm following the rules by playing gently with my truck."

Walk Away:

- "If you hit me again, I will leave the room until you keep your hands to yourself."

