Strategies to Manage Behaviors

PC-CARE

SESSION 2

Skill	Reason	Example
Selective Attention Ignore inappropriate behavior (unless it's dangerous or destructive)	• Helps child notice differences between your responses to good and bad behavior. • Helps parents stay calm. • Avoids increasing negative, attention-seeking behavior by only rewarding good behavior with your attention.	• Child: (plays roughly with toys) • Parent: (says nothing about it, turns focus to own toys; making it fun) "I'm going to make some cookies. Oh these are so tasty!
Modeling 	• Allows child to know what behavior you want. • Helps to correct difficult behaviors by showing child the positive opposite behavior.	• "I am putting my toys away gently." • "I am going to slow down and think about what to do next." • Child: (shouting loudly) Parent: (quietly) "I'm going to use my indoor voice."
Redirect 	• Gets child to focus on another toy, behavior, or activity without use of strict discipline. • Provides opportunity to praise good behavior and create positive interaction.	• If the child wants another sibling's toy, the parent can redirect the child by showing them a different yet equally fun toy. • "Wow, I have a space station. It is really fun to get the rockets ready for blastoff."

Calming	• Gives parents the opportunity to model skills and calm themselves. • Gives child some skills in learning how to calm.	• "I feel really upset. I am going to calm down. I am going to take a deep breath and count to 10." • "I feel nervous. I am going to tighten my shoulders and then relax them."

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