



Strategies to Manage Behaviors

PC-CARE for Toddlers

SESSION 4

Skill	Reason	Example
Effective Commands 	<ul style="list-style-type: none"> Tells child they NEED to listen Should only be used when other skills are not enough, and a task must be accomplished now 	<ul style="list-style-type: none"> “Please put on your shoes.” “Please share one of your toys with me.”
Promote Compliance 	<ul style="list-style-type: none"> Praise reinforces importance of following parents’ directions Hand-Over-Hand and Re-Do help children learn how to comply 	<ul style="list-style-type: none"> Praise for following directions: “Great listening.” Help child complete a task if they cannot or will not, then praise.

Effective Commands: Calmly Tell Your Child Exactly What To Do, then Wait	
Skill	Reason
Calmly	<ul style="list-style-type: none"> When you are calm, your child is more likely to remain calm You child will learn to listen always, rather than only when you yell
Tell	<ul style="list-style-type: none"> If you ask (“Can you brush teeth?”) or suggest (“Let’s brush teeth”), a perfectly reasonable response from your child is “No” or “I don’t want to.” When you tell (“Please brush teeth”), compliance is the only reasonable response.
Your Child	<ul style="list-style-type: none"> Make sure the command is developmentally appropriate for your child If the task is too difficult, your child cannot comply
Exactly	<ul style="list-style-type: none"> When you are specific (“sit still” vs. “be good”), it reduces demands on your child to figure out how to comply and reduces room for questions
What To Do	<ul style="list-style-type: none"> Avoid “no, don’t, stop, quit, not” in commands, as these words encourage children to do exactly what you asked them not to do Children are not good at inferring meaning (“don’t run” could mean “hop or cartwheel instead”; “please walk calmly” makes it clear what <u>to do</u>)
Then Wait	<ul style="list-style-type: none"> Pause for 5 seconds after giving a command to give your child a chance to listen Children’s brains can take 5 seconds to process commands and initiate a response

Reward Following Directions

Praise	<ul style="list-style-type: none"> Rewards following directions 	<ul style="list-style-type: none"> “Thank you for listening” “Great job following directions”
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Help Children Learn to Comply

Hand-Over-Hand	<ul style="list-style-type: none"> Helps teach children what you want them to do. Helps them feel what it means to comply with a command (and receive praise!) 	<ul style="list-style-type: none"> Parent may put their hand on the child’s hand and then “help” to put toy in box. Child gets praise for completing task.
Re-Doing	<ul style="list-style-type: none"> Allows child to complete a task the correct and safe way or with a good attitude. 	<ul style="list-style-type: none"> Child puts away toy roughly. Parent takes the toy out of box and places in front of child. Parent models putting a toy away gently. Child complies and receives praise.