

POSITIVE FEEDBACK AND IGNORING

- Guidelines for Parents –

GIVING POSITIVE FEEDBACK Praising or Saying "Thanks"

1. Look directly at your child -- keep eye contact.
2. Use an enthusiastic tone of voice.
3. Smile when you are talking. (Be relaxed!)
4. Praise your child immediately when you see he/she is doing what you like (sitting quietly, listening, watching, following your instruction, etc.)
5. Make the praise descriptive and specific to the appropriate behavior.
6. Wait for your child to answer or make some response.
7. Continue the interaction by asking a question or giving another instruction within 15 seconds.

* Don't worry if your child does not seem to be listening to you. (For example, the child might not make eye contact or smile every time you praise them.)

*Remember – Vary what you say and your tone of voice when you are praising your child. (Don't always say the same phrase)

IGNORING

Use ignoring when your child is engaging in an inappropriate (but non-dangerous) attempt to get your attention.

1. Do not look at your child or make eye contact. (Look away from them.)
2. Keep a neutral expression on your face. (Do not show any emotion.)
3. Continue to do whatever you were doing before the child's behavior occurred (unless your previous behavior involved attention to the child.)
4. If you feel you must respond to your child, tell him/her once not to engage in that behavior.
5. If your child begins to engage in potentially dangerous behaviors, stop the child immediately using physical guidance. Instruct him/her one time not to engage in that behavior. Do not give your child any additional attention.
6. Remember to use praise when your child complies with your request or begins to play appropriately.

Once you have learned to use time-out procedures, the following steps may be added:

7. If the child becomes extremely disruptive, destructive, physically aggressive, or if he/she continues to be in appropriate for 30 seconds after a specific instruction by you to stop, put him/her in time-out.
8. Instruct the child to clean up any mess he/she has made after the child comes down.