

# Butterfly Parent Training

Welcome

Review of Homework

Implementing the token system at home

Decreasing Difficult Behaviours

❖ Seeing things through

Homework

## Seeing Things Through

Once you have given an instruction to your child it is important that you ensure they carry this through, however much effort this involves. At first this may prove to be hard work, but this is the only way your child will learn that you mean what you say.

**Ask your child to do something no more than twice.** If they still do not comply use a physical prompt (e.g. gently put your hands over the top of theirs to help their hands put the toys away).

If you are using this method it is essential to:-

- ❖ stay calm,
- ❖ praise the fact they are starting to do as you ask, "good boy I can see that you're starting to put the Lego away.
- ❖ avoid commenting on the fuss (this might need some practice).
- ❖ avoid being drawn into any discussion or distractions
- ❖ it is important to praise every small step

At first they may resist this way of being managed, but with perseverance they will realise that they do have to comply and will gradually need less physical prompts.

**Ensuring that you mean what you say will involve thinking before you speak:**

If your child asks to get the train track out, don't say "No" if you think you'll give in and provide one a few minutes later. It is better to say "Yes" straight away, than to give in after a fuss. In this case they will have learnt that a tantrum can make you change your mind!

**Try not to set up battles over trivial incidents or when you're short of time:**

It is better to say "I'll find your shoes today" if you only have two minutes left before you need to be leaving for school. Save your energy for issues which are important to you and situations which you really want to change.

**Make sure that no one is undermining what you are trying to achieve and the hard work you are doing:**

If you have said, "no biscuits until after lunch", discourage the neighbour from interfering with this decision, but don't argue the point in front of the child.

If somebody does attempt to undermine your decision, talk to them after your child has gone out and tell them how important a consistent approach is - to you your child, and your child's future.

## Homework task

- ❖ Practise seeing things through
- ❖ Use praise and the tokens the minute your child begins to comply