

Butterfly Parent Training

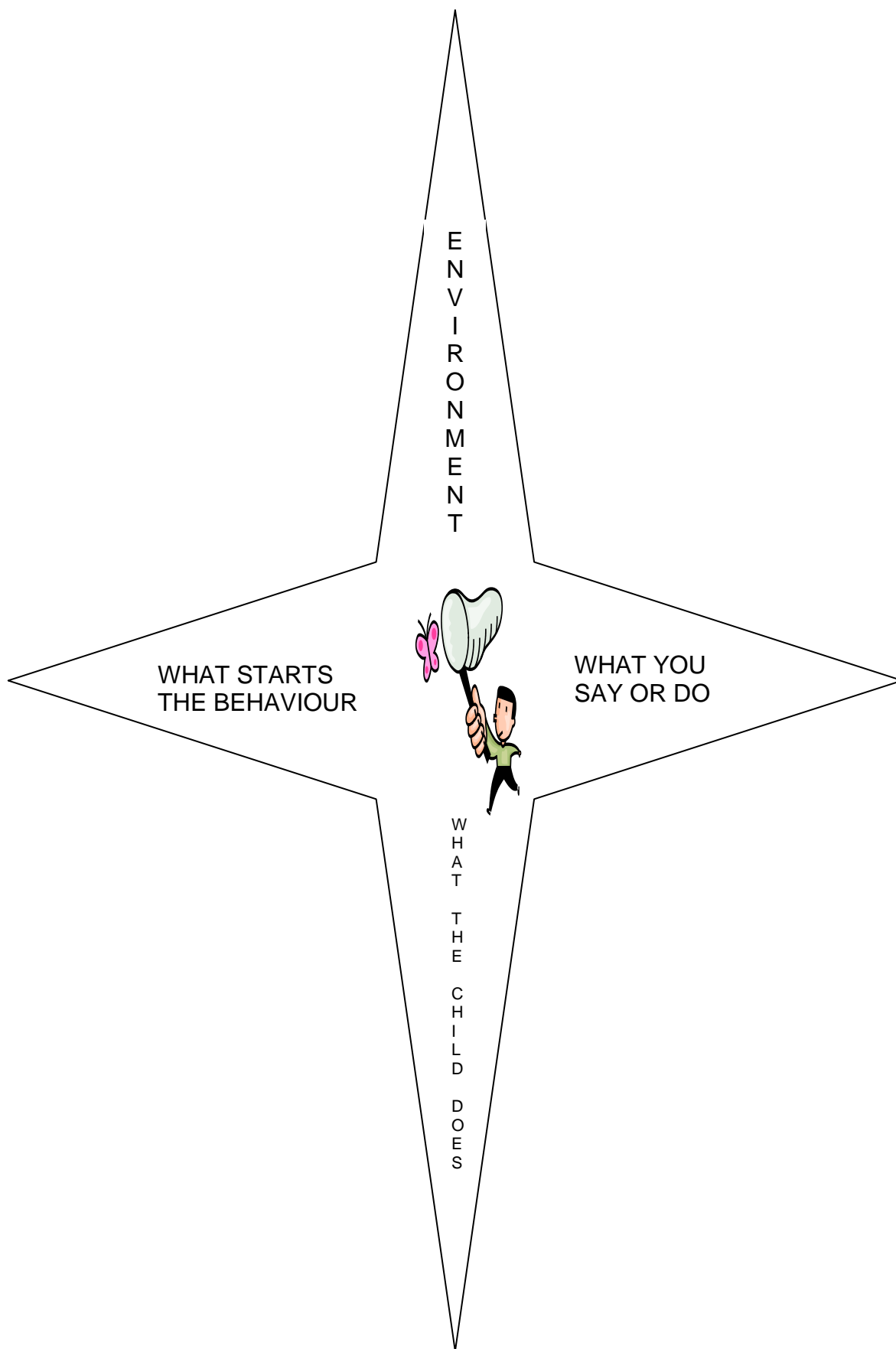
Welcome

Review of Homework -
understanding reasons for difficult
behaviours

- ❖ looking at what you need to do to change your child's behaviour
- ❖ Being prepared for situations

Homework

What Do You Need To Do To Change Your Child's Behaviour



Environment

All those things going on in the environment or the background that affect behaviour:

- time of day
- places
- people
- weather
- hunger
- “tensions” in the environment etc.

What starts the behaviour

Are things that trigger the behaviour

What the child does

The child’s behaviour, what the child actually does, described in clear language.

What you do or say

All those things that happen as a result of the child’s action.

When we want to intervene to change the child’s action, we need to look at changing:

- Environment
- What starts the behaviour
- What you do or say

Changing the environment and what triggers the behaviour

- Change the environment
- Avoid the situation
- Use clear, effective language
- Give clear rules and role model
- Establish a reward system (tokens)
- Give an early warning
- Prompt
- Distract
- Swap bad news for good
- Catch the child being good
- Teach incompatible behaviours

Changing what you do or say

- Planned ignoring
- Praise
- Attend to good behaviour
- Catch the child being good and reward
- Role model and prompt

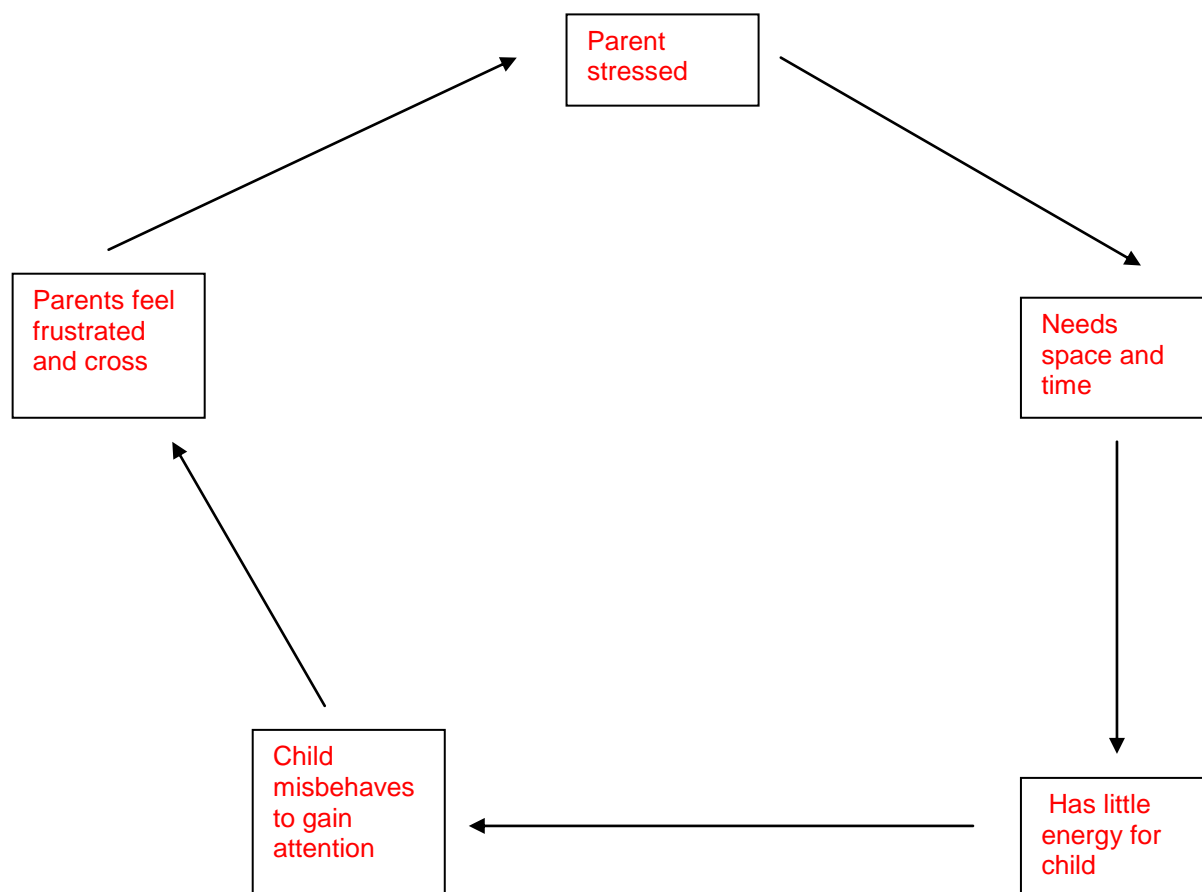
Activity

Look at the picture scenarios and compile a list of possible ways you could change the settings and triggers to lessen the likelihood of the behaviour occurring again.

Homework task

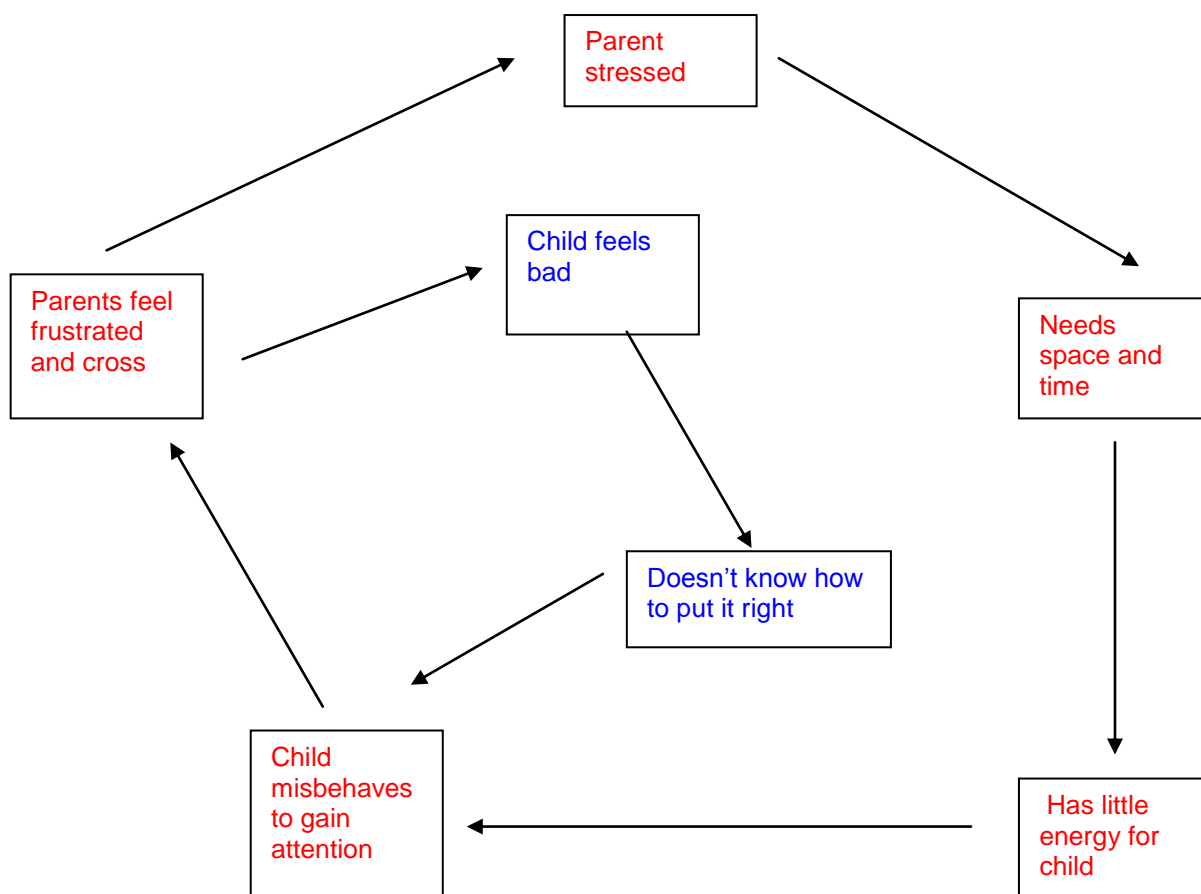
- ❖ Think about a difficult situation and consider how you could change the environment, what triggers the behaviour and what you do or say in advance of the situation occurring. Then practise this when the situation happens.
- ❖ List things that you have done or still do that may affect your child's behaviour

Bad Hair Day



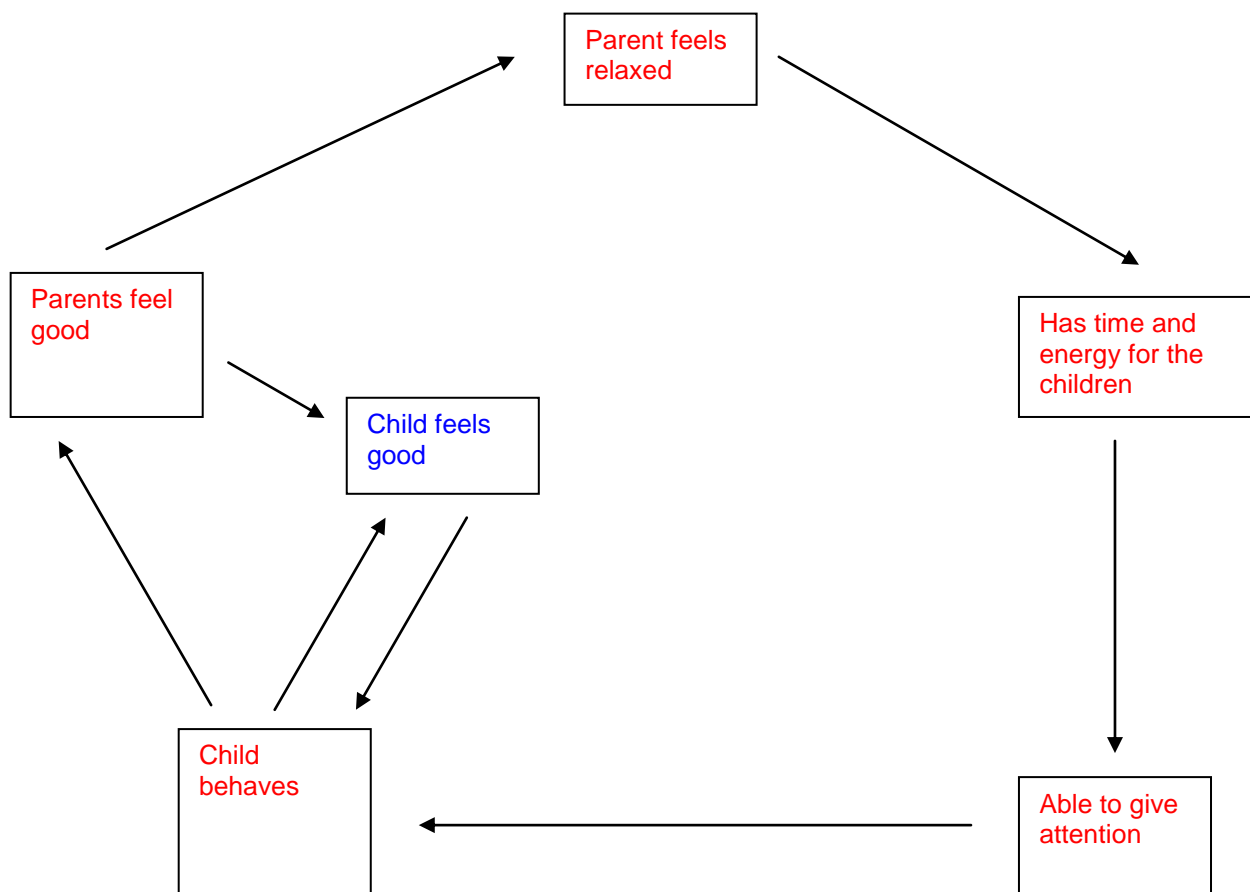
On occasions, as parents, life can be really tough, and we feel stressed or angry or just fed up by the situation and circumstance we find ourselves in. Maybe it's because we're feeling tired or poorly or really worried about friends or family, but the reality is we often just have to 'get on with it' regardless of how we feel. Sometimes we can find ourselves having a bad hair day.

Children also have a cycle of behaviour which can interact with the adult cycle



These cycles can interact with each other, often creating ‘the day from hell’ feelings, alongside physical and emotional exhaustion. Though it may seem that a child is doing something maliciously because of how a parent is feeling, there are many reasons for difficult behaviour. Understanding the reason and dealing with it will often sort out the behaviour.

Feel Good Day



This is the cycle that we all like to be in. We feel good, our children feel good and on occasions there's even enough energy left to have some fun at the end of the day! Positive feelings create positive feelings.

How can parents break the 'bad hair day' cycle once recognised?