

Butterfly Parent Training

Welcome/Round robin

Review of Homework

- Identifying rewards

Decreasing Difficult Behaviours

❖ Planned ignoring

Homework - Practise planned ignoring for low key behaviours

Planned Ignoring

Planned Ignoring is a technique which can be used in conjunction with a programme of Positive Rewarding. It involves systematically withdrawing your attention from a child whenever certain behaviours occur, ensuring that the child immediately receives positive attention when they begin to behave appropriately again. It is a technique which you will need to use consistently in order to be effective.

Planned Ignoring can be used for low level behaviours such as whining, fussing, tantrums, fiddling, making noises, arguing back etc.

What to do:

- ❖ As soon as the behaviour occurs, turn away from the child, avert your eyes and if you have any other children praise them for behaving appropriately.
- ❖ Stay calm and avoid showing any facial expression.
- ❖ If practical, walk away from the child.
- ❖ If the child is having a tantrum say once only "**When** you have calmed down **then** I will be able to talk to you again". Do not look at or talk to the child again until the tantrum has stopped.
- ❖ Distract yourself by doing a little job or making yourself a cup of coffee.

- ❖ If the child is fussing for a drink or something else which you have told them that they cannot have, you can say something like, "Amy knows that there will be no drink till lunch time" or "we're not discussing that anymore" or "I'll talk to you when you're sitting quietly." Again it is important that you say this only once and then systematically ignore all further arguments by not responding to them in any way.
- ❖ With fussing and whinging it is not necessary to totally ignore the child, just the fuss. Indeed it can be useful to distract the child into another activity which you can reward them for.
- ❖ It is extremely important to find something to praise the child for when they have calmed down, in order to help them learn positive ways of gaining your attention.

Warning

When you first begin to use Planned Ignoring you will probably find that your child's behaviour will get worse. This is because the child will resort to more extreme means to try and remain in control. It is important that you stay consistent. Planned Ignoring does work - the more you persevere, the sooner your child will get the message and the sooner the misbehaviour will lessen.

Homework Task

Practise using planned ignoring for low key behaviours