

Challenging Behaviour Workshop

Session 2

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Are you OK
Kingston?



Are you OK
Richmond?



Session 2: : To promote positive behaviours and routines with praise and rewards and to reduce undesirable behaviour through selective ignoring

Part 1: Praise

- Praise is crucial for building children's self-esteem
- It lets them know they are loved and appreciated
- Shows our pride and that we acknowledge their qualities
- Shows them the behaviours we want to see more of
- Encourages resilience

This week you want to focus on positive praise for good behaviour you notice;

- Playing quietly/ Imaginative play
- Focus and concentration during a task
- Compliance with rules
- Pro-social behaviours (sharing/ politeness/ being kind and gentle)



Giving Effective Praise

Generic Praise X	Specific Labelled Praise (ties to behaviours)
Good Job	Well done for putting the cars in the box nicely.
Well Done	You did what I asked straight away, I'm very proud of you.
Nice work	You are sharing so nicely with your brother, Keep it up.



Top Tips!

- Be sincere and specific
- Give praise immediately
- Focus on behaviours they have power to change
- Avoid comparing your child to others
- Avoid muddling the praise with teaching or criticisms
- Avoid waiting for perfection or completed tasks
- Praise during the task
- Meaningful rewards
- Ignore negative responses
- Rewards vs Bribes



Rewards

Social Rewards

1. Verbal Praise
2. Physical
3. Time together

Tangible Rewards

1. Inexpensive Items
2. Special choices/ Privileges
3. Special Activities
4. Special time with child



Practice

- Carefully select behaviours to praise
- Praise yourself
- Use reward chart if helpful (must be consistent)



Part 2: Selective Ignoring

- Can be very difficult to do
- Ignore the behaviour completely (not the child)
- Maintains positive relationship
- It is highly effective
- Modelling self-control and emotional regulation
- Gives them an opportunity to self-regulate and calm themselves down
- Don't use for dangerous behaviours but for moaning, complaining, swearing, whining, squabbling, silly noises, fiddling, answering back, arguing etc.)



Selective Ignoring Guidelines

- Explain what you're doing beforehand (not while ignoring)
- Be subtle and neutral
- No eye contact or expressions of disapproval
- No verbal or physical contact
- Stay close so you can return attention as soon as (10-15 seconds) the behaviour stops
- Do something distracting to help you stay calm
- Look **for something to praise afterward**
- Be consistent in what you ignore i.e. every time**
- Model** being calm



Gets worse before it gets better

- ❑ If you ignore a behaviour it won't disappear immediately
- ❑ It can be hard to be consistent with your ignoring but it is vital
- ❑ You may see the same behaviour return but ignore it again and again and it will disappear

Extinction Burst

Spontaneous Recurrence



Helpful Handout for Practice

Behaviours I will selectively ignore:

1. _____
2. _____
3. _____

The alternative behaviours I will praise:

1. _____
2. _____
3. _____





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