

WITHDRAWAL OF ATTENTION

- Withdrawing attention from your child's difficult behaviour is a non-violent approach to managing their behaviour. Trying to reason with your child when they are feeling frustrated and having a tantrum will only make them worse.
- Children aren't born knowing how to manage their emotions, this is something they learn with the support of adults. Withdrawing attention gives children the opportunity to practice and learn to emotionally regulate and calm down independently.
- Remember that it is the difficult behaviour that we're ignoring, not the child! So when they have stopped moaning, it's important to return your attention to them!
- Be consistent with the behaviours you withdraw your attention from and the behaviours you give positive attention to

FIVE BEHAVIOURS YOU WOULD LIKE TO SEE LESS OF IN YOUR CHILD

Behaviours that are not harmful such as sulking, moaning, swearing or arguing are all behaviours that are appropriate to withdraw attention from.

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IMPORTANT POINTS FOR WITHDRAWING ATTENTION

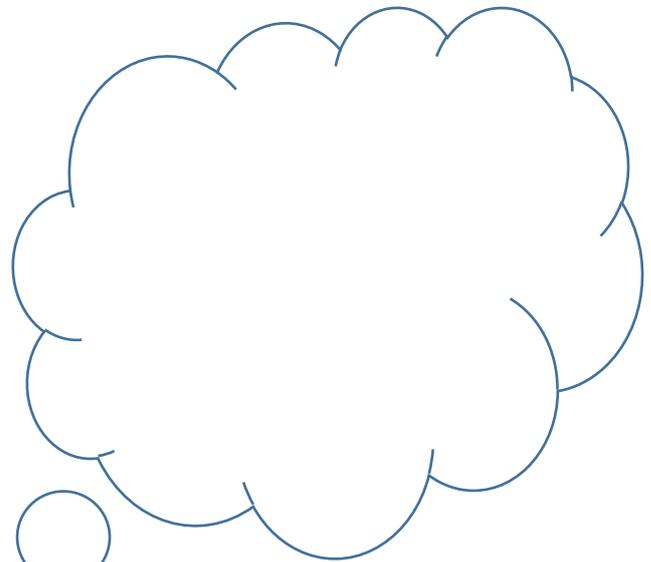
- ⇒ *Be clear about the behaviour you are withdrawing attention from. For example, not giving attention to moaning*
- ⇒ *Withdraw your attention as soon as the behaviour occurs*
- ⇒ *You can model staying calm for your child – this shows them that is what you want from them too*
- ⇒ *Remove anything that can cause harm or that has resulted in the withdrawal of attention, for example a game/ toy if they are having a tantrum about that*
- ⇒ *Attention needs to be given again within 10-15 seconds after the behaviour has stopped*
- ⇒ *Ensure that once you have returned your attention you praise a positive behaviour, for example “well done for calming down”*
- ⇒ *Therefore, you need to be close by to the child to know when they've calmed down*

KEEPING CALM

Withdrawing attention from your child's difficult behaviour is hard! It can be difficult to stay calm when your child is having a tantrum or swearing at you. Many parents can feel angry and frustrated, which can make them respond in ways that they wouldn't normally. To keep yourself calm, it is important to think of strategies that you can use to help you withdraw attention. As you know, the way you think can affect how you feel and behave. Think about what you can say to yourself to keep yourself calm when you are trying to ignore their whining?

Examples:

My calming thoughts:



What distractions can you use?

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REMEMBER, IF WE'RE WITHDRAWING ATTENTION FROM INAPPROPRIATE BEHAVIOURS, IT IS IMPORTANT TO ENCOURAGE THE BEHAVIOURS YOU WANT TO SEE MORE OF!

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