



Big Emotions and Supporting Positive Behaviour

Parent Workshop 5



Group agreement

- ✓ Please arrive on time
- ✓ If you need to miss a session let one of us know beforehand.
- ✓ **No personal recording of sessions at any time.**
- ✓ Keep information discussed in sessions confidential.
- ✓ Mute yourself when not speaking to avoid noise feedback.
- ✓ Be respectful to each other and opinions shared.
- ✓ If you need to step away for a minute, please email one of us to let us know or message the chat.
- ✓ Review handouts after sessions.





- Aims of the session
- Reviewing home practice – Giving instructions & boundary setting
- Reminder about safety check-in
- Withdrawing attention effectively
- Home practice
- Feedback and questions

Reminder:

Everything we say in the session is confidential, unless I am concerned about your safety or the safety of others around you.

I will speak to you, if I need to break confidentiality, **UNLESS** I am worried that it will put you in more danger

The aims of today's session

To introduce general skills which are helpful in handling undesirable behaviours

To identify behaviours, you want to see less of

To identify when it is appropriate to withdraw attention to reduce inappropriate behaviour



Reviewing Home Practice

- Continue using special time and praise
- Create some helpful sentences/instructions that you can use to encourage your child to follow instructions and build cooperation
- Identify behaviours you want to see more of
- Think about how to make your command statements effective

WHAT COMMANDS WILL YOU USE?

Choose the behaviours that you would like to use commands for. What words can you use?

Behaviour <i>e.g. walking by your side, tidying toys, talking quietly</i>	Command

Wording...

Today we will refer to the term 'withdrawal of attention', however we still want to consider this key point...



Why withdraw attention?

- In session 1 we discussed how children thrive from adult connection (good or bad)
- Often children will seek connection & a response by misbehaving
- Research shows that children who receive more praise display more positive behaviours
- Withdrawing an adult response to the child's behaviour can be a way to reduce negative behaviours.
- Often trying to talk to children when they are having an outburst doesn't work, withdrawing attention gives children the opportunity to practice emotional regulation and calming down independently.





Withdrawing attention should be used:

- For non-dangerous or non-destructive behaviours
- For behaviours such as whining, crying when nothing is physically wrong or hurting, repeating a question over and over, and for angry overwhelm, sulking...
- When parents/caregivers can consistently use the technique to help stop unwanted behaviours.



Withdrawing attention to unwanted behaviours



<https://www.youtube.com/watch?v=EEzx6ad0nm8>



Identify 2 small behaviours you would like to see **LESS OF in your child?**

Write these in the Teams Chat.

If you can give an example of when your child typically does that behaviour then great!

Withdrawing attention effectively

1. Intervene **EARLY**

e.g. for a child who repeats a question over and over – ‘I’m not going to talk to you whilst you keep asking me that.’

7. Move on and don't linger on the negative behaviour



6. Praise the child for stopping the negative behaviour. Attention needs to be given again within 10-15 seconds after the behaviour has stopped



2. Be clear about what you are withdrawing attention from



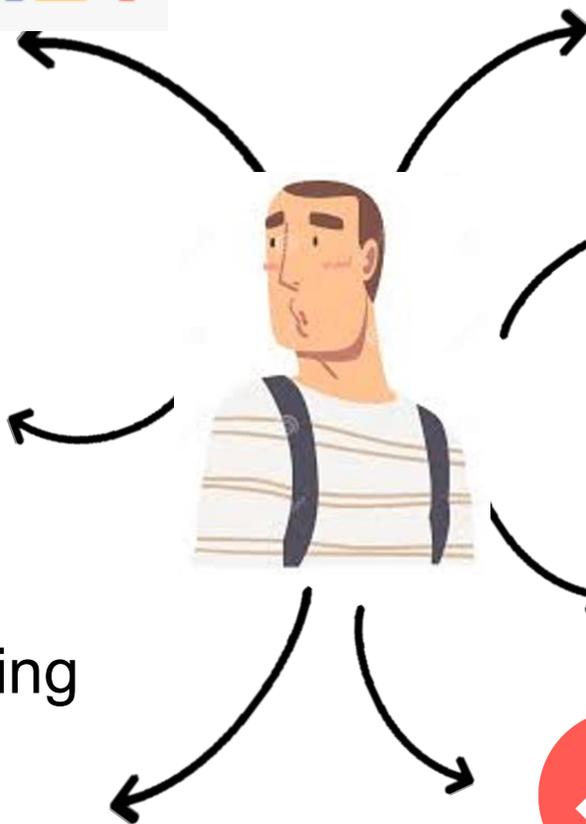
3. Stay in the same room as the child but do not engage with them



4. Model being calm



5. Return attention back to the child quickly once the behaviour stops. **REMEMBER:** ignore the behaviour NOT the child





The vending machine metaphor



- You go to the vending machine and put your pound in for a can of coke. It doesn't come out straight away, so you give the machine a shake. Bingo, it works!
- The next day, you go back to the same machine and the same happens again, so you give it a shake. It works again!
- The next day, you do the same, this time, despite shaking it over and over, the can of coke doesn't come out.... So, you get fed up and you walk away!
- This is what happens when a child asks and asks.

But if you remain consistent and don't give in, then they will eventually give up!!

Remember it often gets worse before it gets better!



Coping Strategies

Withdrawing attention is hard! – Vending Machine analogy

Let's think of strategies that you can use to help you withdraw attention
For example: what can you say to keep yourself calm

EXAMPLES:

“this won't
last forever”

“I'm helping
them to calm
down”

“I can get
through this”



Although you are withdrawing initially,
it is still about connecting

Withdraw



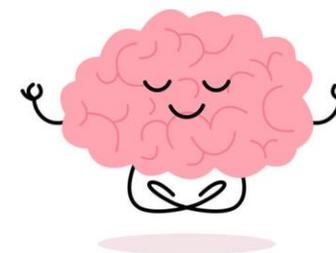
Connect



Re-direct



Reflection



- Now you know a bit more about this strategy, what behaviour does your child do that you think would work best for this strategy?

**Write your
answers in
the chat!**

- What coping strategy will help you with this?
e.g. Positive self-talk/coping thoughts

Teach your child
the behaviours
you want to see
more of, rather
than punish them
for misbehaving.

Too often, we forget that discipline really means to teach, not to punish. A disciple is a student, not a recipient of behavioral consequences.

Dr. Daniel J. Siegel



Home Practice

- This week we would like you to continue using special time, praise and giving instructions for positive boundary setting.
- Try introducing withdrawal of attention for undesirable behaviours.





Any questions/feedback



If you wish to talk to us privately, please stay behind after the session or send us an email

