

Tuesday's Child Notes – Session 1 (February 9, 2017)

Background

- Tuesday's Child has been a non-profit since 1984 that uses an evidence-based curriculum and peer-based teaching to work with parents to shape behavior.
- Philosophy of "positive parenting" uses attention as a behavior management tool.

"Catch your Child Being Good"

- **Pay attention to the behavior you want to increase** – step in at C- moments
 - Kids are in love with mom and dad who are looking straight at them and giving them their full attention
 - Usually we're good "sniper parents" - we pay attention to our kids to stop negative behaviors or when they have A+ behaviors
 - What you notice helps them understand the behaviors you value in your house and helps them see themselves as capable of those behaviors
 - **Use specific description** of what you're seeing (e.g., "I see you playing together with your sister")
 - Use their name upfront to get their attention
 - Avoid just a general "good job" or save it to the end of your observation
 - Your kid will not get addicted to praise – they will still push boundaries, but it will be less exhausting for you
- Examples of behaviors you can increase
 - Making good choices
 - Being a good listener
 - Being safe
 - Examples specific to your child (e.g., ability to handle disappointment, to share with sibling)

"Take the No Out"

- "No", "Don't" and "Stop" are powerful trigger words for children – lead to negotiations, tantrums, etc.
- **Find a way to say yes.** Instead of saying "no you can't have a cookie," say "a cookie is a great idea for after dinner" and *follow through*.
- Don't add more hurdles (like finishing their dinner) or they won't believe your promises next time. Teach one thing at a time.
- If it's an unreasonable request use **predictable phrasing** like "the rule in this house is..." Kids might still react, but tantrums will be shorter
- If they still argue, use **planned ignoring** "this conversation is over, but I'll talk to you about x y or z". This strategy only works when you've filled the attention cup.

What if my child fixates on negative?

- In the moment - validate their emotion "you're feeling disappointed that you got 2 wrong" – this helps them go from mad to sad

- Point out when they are able to handle negative situations (however small)
- Point out when other people or you yourself are modeling the behavior “I could over-react but I’m going to take a deep breath”
- With older kids, you can talk about neuroplasticity – “making mistakes is how your brain grows”

➔ Homework – catch each of your children being good 20 times in one hour (that’s 40 times for 2 kids)