

## **Tuesday's Child Notes – Session 3 (February 23, 2017)**

### **Consequences**

- Saying things and following through with them – even if your kids forget – builds trust
- The hardest part of discipline is follow through. Once the kids realize you will follow through they'll start complying
- Think of it as setting appropriate limits for your child "it's my job to set limits and it's your job to convince me you're ready for the next step"

### **Reinforcers / Motivators**

- Sometimes you need to use reinforcers to "build a better habit" – to shape & change behavior
- Much easier to increase a behavior than to extinguish a behavior – define a positive "goal behavior" i.e., what they should do instead
- Good tool to use at repetitive behaviors – mealtimes, dressing, bedtime, homework
- First take data – observe when behavior is happening, are they capable of doing this? how long should this take?
- Then set realistic expectations "you have 25 minutes to do what you can with your homework"
- When you do it you earn a prize (lego guys, screen time)
- Some days you don't earn it
- Can evolve the requirements once habit has formed (e.g., not just do our homework but get a check from the teacher)
- Catch them being good, remind them that these are things you value

### **Will this make kids greedy/ entitled?**

- It doesn't take kids long to learn how economy works – they will do things to get things
- Can also set expectations that there are certain things they need to do as a contributing member of the family – that don't get their own rewards
- Use reinforcers/motivators for things you know they can do but they're having a hard time changing
- It's ok for other families to have different rules – need a predictable script for that situation
- Make sure some of your family rules are fun "in our family, we get ice cream every Saturday, we go for a walk after dinner, etc."

### **Floor time model**

- Enjoy them at their developmental level without trying to improve them
- Become their perfect playmate without expanding on their play (e.g., happy with the worse toys, letting them tell you what to do)
- It should be interactive – not screen time – an activity with back and forth communication and eye contact
- This is a 20 minute gift to our kids