

STEPS TO TEACHING YOUR CHILD GOOD BEHAVIOR

All children are innately good. There is **no such thing as a bad child**. Your child wants to be accepted and loved by you. Understanding how your child learns to behave is the key to teaching them positive and helpful ways to act.

Important things to know about behavior:

- ★ **Behavior is learned.** - Your child picked up their behavior from someone (such as siblings, peers, Youtube, or you). Behavior doesn't just magically appear.
- ★ **Behavior that is reinforced is repeated.** - When your child does something over and over again, they are being reinforced (they get something out of it). Ask yourself, "What is my child getting from behaving this way?" (For example, attention, material items, sense of control, feeling safe.)

Catch Them Being Good

Want your child to keep repeating good behavior? Make them feel good as soon as they do good.

Immediately after your child does good:

Step 1 - Praise them. (Good job, fantastic, thank you, amazing, that is great.)

Step 2 - Point out what they did right. (You took the garbage out right away, helped with dishes, played with your sister without fighting, hung up your coat, said a nice thing to your little brother.)

Step 3 - Give a reason why it's good. (That probably makes your brother feel good, helps me so I have more time to play with you later, keeps our house clean, you get more free time later.)

Step 4 - Praise them again. (Thank you, awesome, good job, great thing you did, I love it.)

Remember, behavior is learned. You can't reinforce something that they don't do. If your child is doing something you don't like, then you need to teach them the right way to do it. At a neutral time (when you or your child is not mad or busy), take a few minutes and practice with your child how to do something right.

[Script]

Will you practice something with me for a minute, then I'll play Legos with you? (Motivator)

Thank you. (Praise)

Let's practice what you should say when I say 'no' about something. I'll show you first. (Practice)

Now it's your turn (Practice 2-3 times)

Thank you. (Praise and follow through on motivator.)

Best Basic Skills to Teach your Child

Accepting No	Following Directions
Look at me	Look at me and listen
Say "ok"	Say "ok"
Stay calm	Do task right away
If you disagree, ask later	Check back

