

# Two Parts to Tonight's Training

- How to manage your child's difficult behavior
- How to change your parenting style so your parenting skills work.

# Managing Difficult Behavior

Tonight's training is based on 1-2-3 Magic  
by Thomas W. Phelan, Ph.D.

1-2-3- Magic is a system of using a behavior  
modification technique called Time-Out



# Time Out



## The Superstar Of Discipline

The time out technique removes children from an environment where they are getting attention and places them in an environment where they are getting no attention.

# Where is That?

- A chair in a quiet area
- A child's room
- A private area in a public place

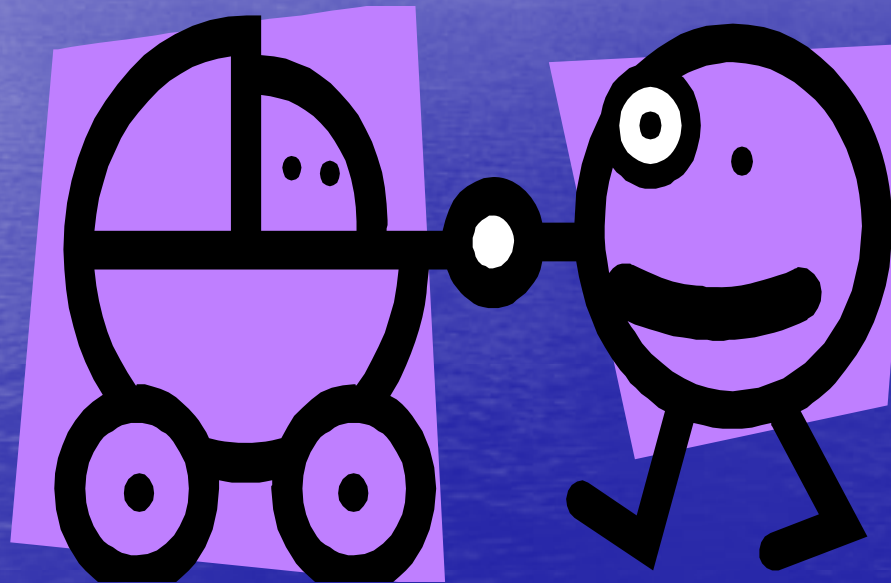
# Why it Works

Human Beings of all sizes hate no attention

We live for feedback, interaction, the reaction of others.

Even negative attention is better than no attention

# Why Do We Need It?



This is going to be soooo easy!



# Children Need Discipline Not Punishment

- Discipline teaches
- Discipline is even tempered
- Discipline is consistent
- Discipline encourages self-control

# Punishment

- Leads to negative emotions
- Sets up a winner/loser situation
- Is often delivered out of anger
- Is often inconsistent
- May stop a behavior, but doesn't teach

# Views On Discipline

- A child needs both to be hugged and unhugged. The hug lets her know she is valuable. The unhug lets her know that she is viable.

–Polly Berrien Berends, *Gently Lead*

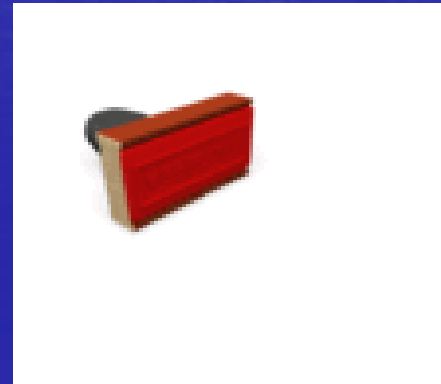
# Views On Discipline

- “You know the only people who are always sure about the proper way to raise children? Those who’ve never had any.”

–Bill Cosby, *Fatherhood*

# Effective Discipline

- Praise and Encouragement
- Choices and Consequences
- Time Out from Attention
- Clear Rules and Boundaries
- Consistency
- Emotion Free
- What works for you?



# Ineffective Discipline

- Threatening
- YELLING
- Hitting
- Reasoning
- Parent temper tantrum
- Bargaining
- What's your favorite?



# Modifying Behaviors

- Which ones?

# When it Works...

- When time out is used effectively, you have taught your child that you mean what you say, you will only say it once, and attempts to pull you into a debate will fail.

# Why It Doesn't Work

- If you talk
- If you are having a tantrum
- If you don't end time out on time
- If you re-hash after time out

Demonstration...

# I Know What You're Thinking

- Yeah, right... It works in training, but in the real world it looks like this...

# Possible Problems

- In the real world:

Children may not go to time out

Children may not stay in time out

Parent may over use or under use

What if there is an audience?

# Children Who Don't Go To Time Out

- With smaller children, walk toward them and guide them to room. Can also pick up and deposit them in their room.
- You can go to time out, or lose TV time tonight.
- You can go to time out, or cancel your sleepover.

# Children Who Don't Stay In Time Out

- "I'm re-starting the timer every time you get up."
- Can close bedroom door and stand guard, but no interaction allowed.

# Can Over or Under Use Time Out

- Time out should be used for behaviors you want to modify
- Remember to let some things go
- Give child chance to self-correct
- Don't let guilt stop you... it's not the end of the world

# The Peanut Gallery

- Do not try this in public until you have firmly established it at home.
- When children are used to the 1, 2, 3 it won't matter where you are.
- Plan ahead for how it will work
- Stick to your guns and ignore the audience.

# Ready to Launch



# Blueprint

Ok, you've decided to use time out:

"That's One..."

"That's Two..."

"That's Three...take a time out"

Set timer (one minute for each year of age)

When timer goes off... "Time's Up!"

Look for a positive, cooperative behavior and praise it as soon as you can after time out.

# There's a New Sheriff In Town

- Explain the new rules
- Hold on tight for the extinction burst
- Remember the two main rules: no talking, no emotion
- Follow the blueprint
- Enjoy your children more

# Tips For Making This Work

- A portable time-out area...
- For serious infractions you can go right to three
- Take a mommy or daddy time out
- You can make a mistake and correct it

# Enjoying Your Children

- Parenting is not just stopping behaviors.
- the 10 to 1 rule...10 positives for each negative (catch them doing something good)
- Time Out is more effective if it is counter balanced with Time In
- Time is the currency of parenting

