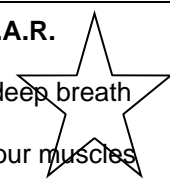


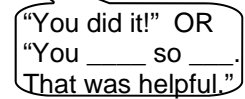




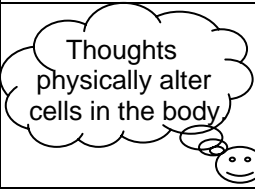







# Ways to change your child's behavior (and your own)



Skill	Power	Home Structures	Value	Purpose	Brain Smart Tips	Emotional Dev	Key Phrases
<b>1 Composure</b> Be the person you want your children to become.	Perception: <b>No one can make you angry.</b>	<b>Safe place(s)</b> —where <i>any family member</i> can go when they are feeling upset. →Rub lotion on your child	Self-control	Model remaining calm. <b>Teach</b> your children how to respond when they are upset.	The brain functions best in a safe, calm environment.	Anger management is basic for social competence.	<b>Be a S.T.A.R.</b> <b>S</b> - Stop <b>T</b> - Take a deep breath <b>A</b> - And <b>R</b> - Relax your muscles 
<b>2 Encouragement</b> Support each family member. 	Unity: <b>We are all in this together.</b>	<ul style="list-style-type: none"> <li>Have meaningful jobs for your child.</li> <li>Have several daily connecting rituals with your child.</li> </ul>	Interdependence	Identify action/behavior—adult or child—that is helpful or hurtful.	Social success primes the brain for school success.	Relationships are a motivation for learning. 	<b>Tell</b> your child that what he or she did was helpful  "You did it!" OR "You ___ so ___." "That was helpful."
<b>3 Assertiveness</b> Set limits respectfully. <i>Avoid passiveness or aggressiveness.</i>	Attention: <b>What you focus on, you get more of.</b>	<ul style="list-style-type: none"> <li><b>Tell</b> your child what <b>to</b> do, instead of what not to do.</li> <li>Teach yourself and your child how to speak assertively.</li> <li>Use picture rule cards.</li> </ul>	Respect	Set limits and expectations respectfully.	Telling your child what <b>to</b> do helps him or her figure things out. <b>Exercise:</b> <i>Don't think about a pink alligator.</i>	Healthy boundaries are essential for all relationships.	When someone hurts/annoys your child, <b>ask</b> , "Did you like it?" Then give your child <b>specific words</b> to use to let the other person know how he or she feels.
<b>4 Choices</b> Build you and your child's self esteem and willpower. <i>Giving your power away to your child puts them in charge.</i>	Free Will: <b>The only person you can make change is yourself.</b>	<ul style="list-style-type: none"> <li>Give your child age-appropriate choices.</li> <li>For a child who has difficulty choosing, celebrate tiny successes. (#2 Encouragement).</li> </ul>	Empower 	Empower your child while setting limits.	Choice changes brain chemistry. 	Building self-esteem and will-power reduces impulsivity.	"You may ___ or ___." What is your choice?" Ask yourself, "How do I <b>help</b> my child more likely choose to ___," rather than, "How can I get my child to ___."
<b>5 Positive Intent</b> Create teaching moments. 	 <b>Love: See the best in your children.</b>	Change from thinking that your child has a negative motive to thinking that your child is motivated to meet his or her needs.	Trust	Create teachable moments, especially for difficult children.	 Thoughts physically alter cells in the body	Saying positive things to your child improves self image and builds trust.	Say, "You didn't know the words to say." OR "You didn't know what else to do." "You may not ___. When you want ___, say ___."
<b>6 Empathy</b> Find compassionate ways to handle fussing and fits.	Acceptance <b>This moment is as it is.</b>	True empathy demands that you listen to your child's feelings and thoughts <i>without needing to change them.</i>	Compassion. 	Help your child (and yourself) accept and process feelings. 	Accepting feelings wires the brain for self-control.	Empathy is the heart of emotional intelligence.	"You seem _____." (Name a feeling such as <u>disappointed</u> , <u>worried</u> , <u>frustrated</u> .) Reflect back what you see or hear.
<b>7 Consequences</b> Help children learn from their mistakes. <i>Punishment/rewards rely on judgment.</i>	Intention <b>Mistakes are opportunities to learn.</b>	Consequences rely on your child seeing the connection between behavior and the result. 	Responsibility	Help your child reflect on choices so that he or she can change.	The brain thrives on feedback.	Consequences help children learn cause and effect relationships.	<ul style="list-style-type: none"> <li>"If you choose to ___, then you will ___."</li> <li>Have your child help develop solutions to problems.</li> </ul>