

IDEAS FOR HOME INTERVENTION

These are suggestions to assist children in adjusting successfully at home.

1. Set up **specific time periods** for waking, bedtime, chores, homework, playtime, TV time, meals, etc. **Establish routines and stick to them.** Changes in the schedule are disturbing to children. So be as consistent as possible. Explain any changes in routine ahead of time so that the child understands and can anticipate the changes.
2. Set up **clear and concise rules of behavior** for the whole family. Rules (setting limits), as well as consequences for breaking them, can be written down and posted in a prominent place. Rewards for appropriate behavior can be planned ahead of time. **Consistency** is the key here. If a rule is broken, a consequence should follow **every time**, reminding the child that he chose to receive the consequence by his actions. **Deal with inappropriate behavior promptly, calmly, quickly, and consistently.**
3. Be firm on setting limits, but **give plenty of love and affection**, too. Reward the child for good, obedient behavior with something that will motivate him to want to behave. Use smiles, pats, stars, stickers on charts, fun times, etc. Make sure your expectations are something the child can succeed at and build to higher expectations as the simpler ones are achieved.
4. **ACT - Don't YAK!!** Give a command or direction for behavior. Say what you need to say, but say it once (briefly, clearly, completely, firmly, calmly). If direction is not followed, provide an appropriate consequence or a restructuring technique, Role Modeling, (explaining or showing the child the appropriate behavior [what you want the child to do]). Sometimes children do not understand the direction given. Provide supervision by being **physically near** the child. A 'Time out' place is used to remove a child from a situation in which he is unable to calm down or cooperate with instructions. Continual warnings and threatening are inefficient disciplinary techniques and will create a variety of unpleasant behaviors.
5. A child's behavior can be very irritating. Take a deep breath and let it out slowly. Count to ten to control your desire to hit the child. If you should become excessively angry, walk away from the situation for a few minutes. **Get your anger under control.** Strive to keep your voice quiet and speak slowly to help manage your child's behavior. Anger is normal, but excessive anger causes your discipline to be ineffective.

6. **Give instructions for tasks one at a time. Make them simple and clear as possible,** demonstrating if necessary. Ask your child to repeat them back to you, and then praise him when he responds correctly. If it is a task that is difficult, break it down into smaller parts and teach each part separately. Explain and demonstrate a new task before requiring the child to do it. This will reduce the frustration for the child. Use a **timer** with small chores to help give the child a sense of passing time and as an achievement motivator.
7. Allow the child **choices within limits.** Provide as many choices as possible throughout the day to develop responsibility for one's own actions, initiative, and self-control. This will give the child a feeling of being in control and a sense of personal influence.
8. **Teach appropriate verbal communication skills.** Children sometimes use misbehavior to communicate when they are unable to use words to tell what they need or want from an adult. Teach your child to find avenues of self-expression that will help him express his wants in an acceptable, useful manner. Ask yourself, "What does my child want to happen as a result of this behavior?" Help him search for other ways to gain it. Remind the child to 'Think Before You Act'.
9. **Separate the unacceptable behavior from the child as a person.** Example: Say, "I like you, but I don't like your behavior." Show the child compassionate understanding. If the child has real essential deficits, they must understand that they did not cause the problem, that the condition is real, and that there is help for them. Please consult a counseling center for behavioral modifications.

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