



## FAMILY RESOURCES: TIPS FOR MANAGING YOUR CHILD'S BEHAVIOR

- **Use specific praise:** Be very clear and specific! You should describe the behavior that you are seeing, that you like that behavior, and that you want to see more of that good behavior. Example: "Oh, thank you! I love it when you pick up your toys!"
- **Catch your child being good!** You should give labeled praise more than you correct. Aim for a goal of 4 labeled praises for every 1 time you respond to misbehavior.
- **Give clear and calm instructions:** Be sure to have your child's full attention, be at their eye level, and give a simple, calm instruction. Your child should be given 5 seconds to comply and praised for compliance. If your child is non-compliant, repeat the instruction and give another 5 seconds to follow through. Do not give the instruction more than twice. If they do not follow through with your instruction, it should be followed by an immediate logical consequence.
- **Teach your child to label their emotions:** If your child looks upset, say something like "It looks like you are upset that you have to wait your turn." Encourage your child to label their emotions throughout the day by asking "How are you feeling right now?" This can help to reduce tantrums, meltdowns, aggression, and destructive behavior over time.

### Parenting children with aggression often requires specific training!

There are research-based Parent Management Training strategies available that caregivers can self-train in and/or seek the support of a Child Behavioral Counselor/Therapist.

- Child Mind Institute's Complete Guide to Managing Behavior Problems: [childmind.org/guide/parents-guide-to-problem-behavior/](http://childmind.org/guide/parents-guide-to-problem-behavior/)
- Center for Effective Parenting: [parenting-ed.org/parenting-information-handouts/early-childhood/](http://parenting-ed.org/parenting-information-handouts/early-childhood/)
- CDC Parenting Essentials for Toddlers and Preschoolers: [cdc.gov/parents/essentials/](http://cdc.gov/parents/essentials/)
- Empowering Parents: [empoweringparents.com/](http://empoweringparents.com/)
- Lives in the Balance: [livesinthebalance.org/](http://livesinthebalance.org/)

### Websites and books for kids

- [Self-care for kids: 6 ways to self-regulate](http://understood.org) (understood.org)
- [Sesame Street in Communities](http://sesameworkshop.org/resources) (sesameworkshop.org/resources)
- *The Kid's Guide to Staying Awesome and In Control* (2014), by Lauren Brukner
- *Train Your Angry Dragon* (2018), by Steve Herman
- *Anger Management Workbook for Kids* (2018), by Samantha Snowden
- *Social Skills Activities for Kids* (2019), by Natalie Daniels

### Websites and books for caregivers

- [zerotothree.org/resources/for-families](http://zerotothree.org/resources/for-families)
- [American Academy of Child Psychiatry Oppositional Defiant Disorder resource center](http://aacap.org) (aacap.org)
- *Your Defiant Child: Eight Steps to Better Behavior* (2013), by Russell Barkley, PhD
- *The Difficult Child* (2000), by Stanley Turecki, MD and Leslie Tonner
- *SOS Help for Parents* (2006), by Lynn Clark, PhD
- *1-2-3 Magic* (2016), by Thomas Phelan
- *Parenting Children with ADHD* (2014), by Vincent Monastra
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* (2002), by Adele Faber and Elaine Mazlish
- *The Explosive Child* (2001), by Ross Greene, PhD