

Typical Childhood Challenges

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The Goals

1. Preserving the relationship
2. Creating lasting, positive behavior change

What *does* work?

Positive attention

Encouragement

Trust, safety,

predictability

FUN

What *doesn't* work?

Yelling, name calling,
insults, berating

No follow through

Too many warnings

Giving in

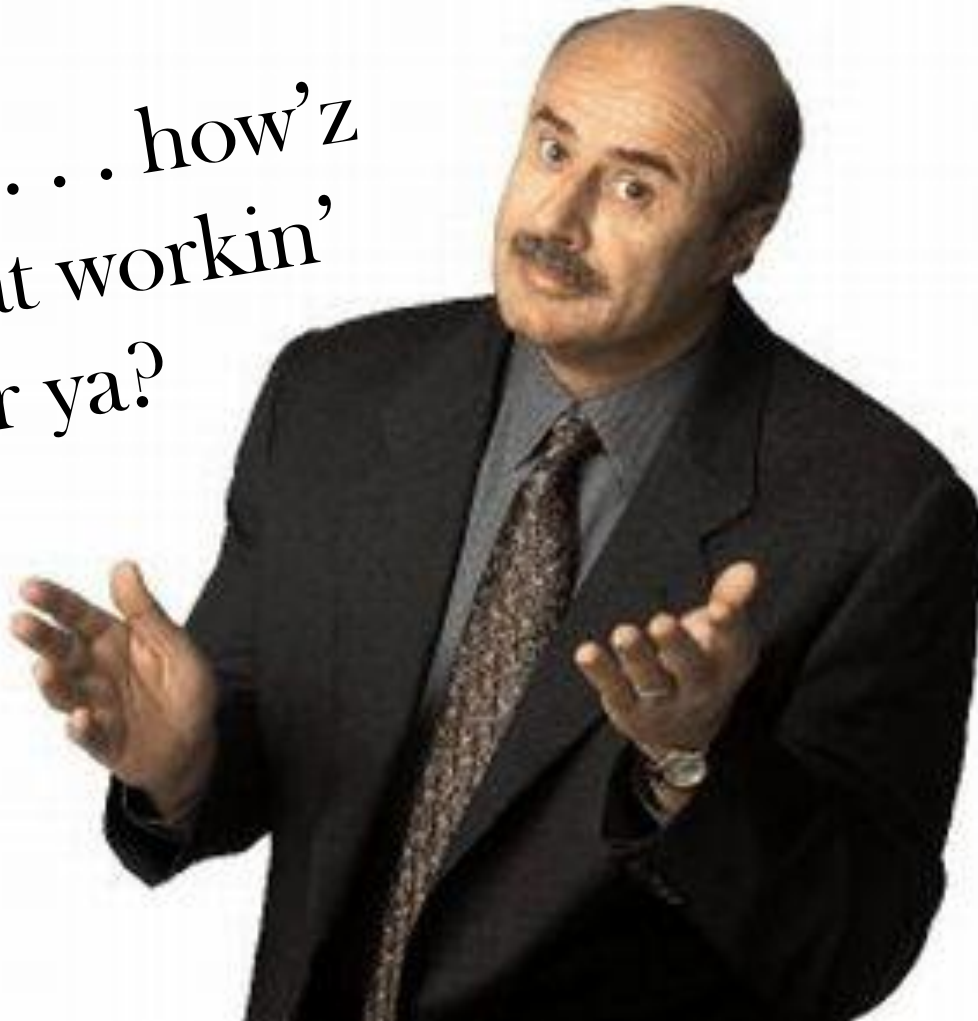


Behaviors that concern us . . .

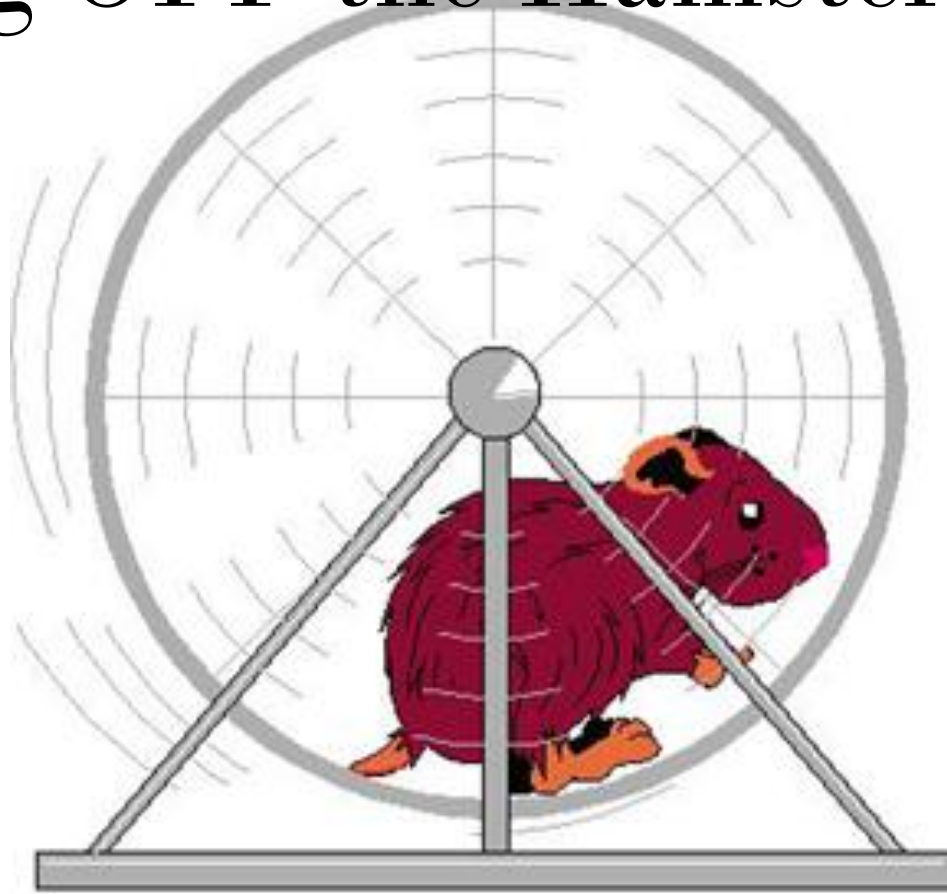


Behavior serves a function

*So . . . how'z
that workin'
for ya?*



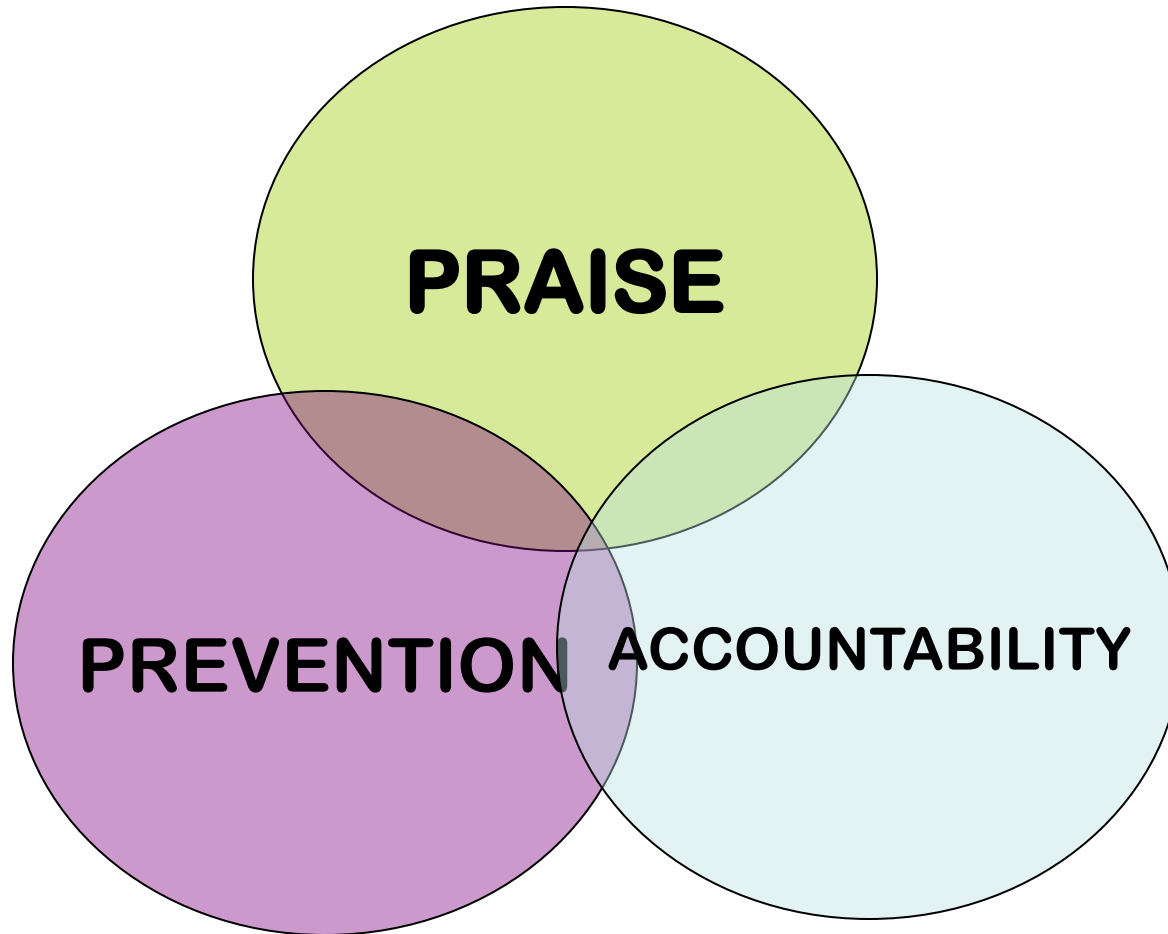
Getting OFF the Hamster Wheel



We get stuck in a habitual pattern of behavior.

1. It's what I've always done.
2. I don't know what else to do.

A Three-Part Approach

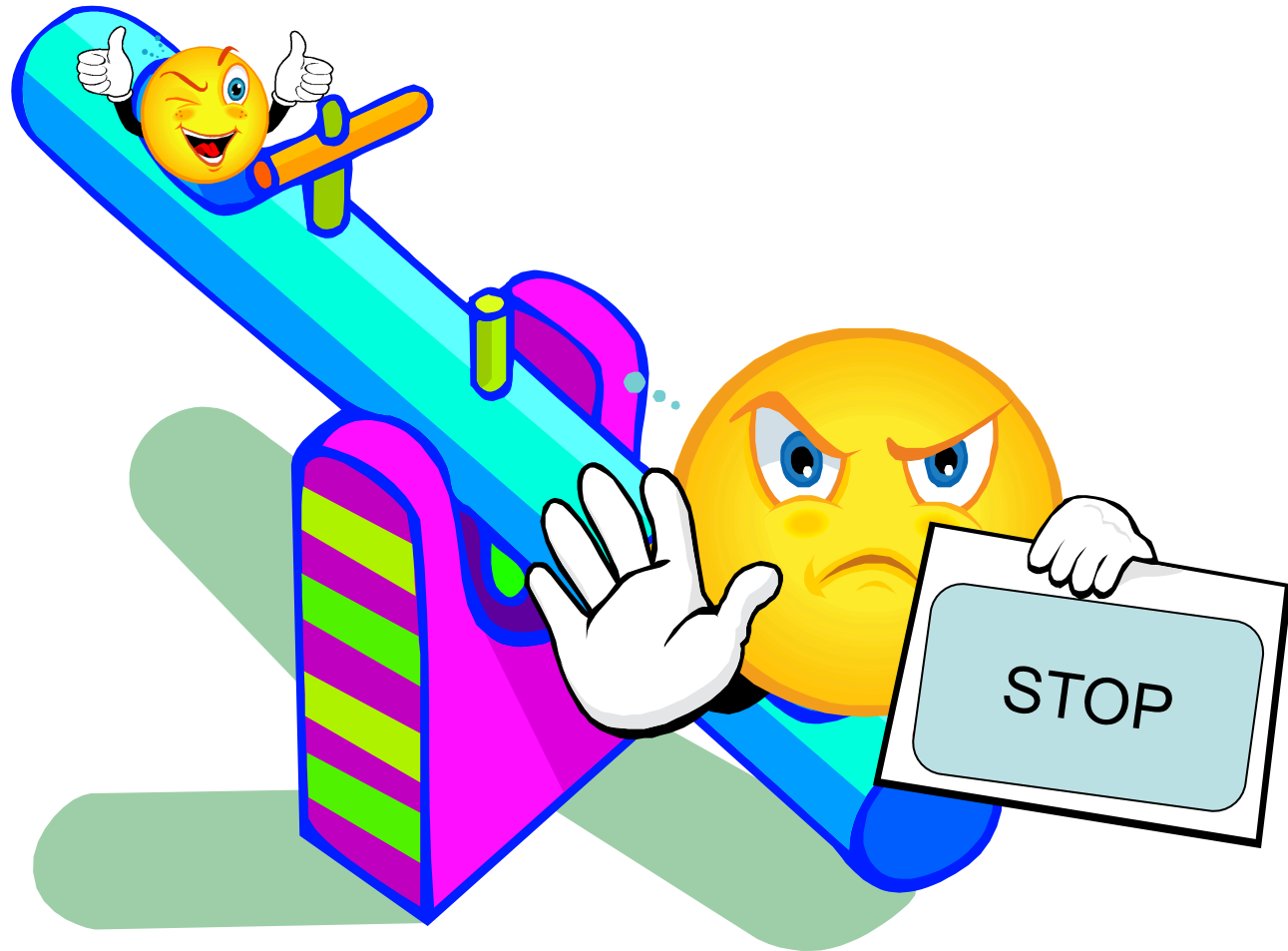


Effective Praise/Acknowledgment

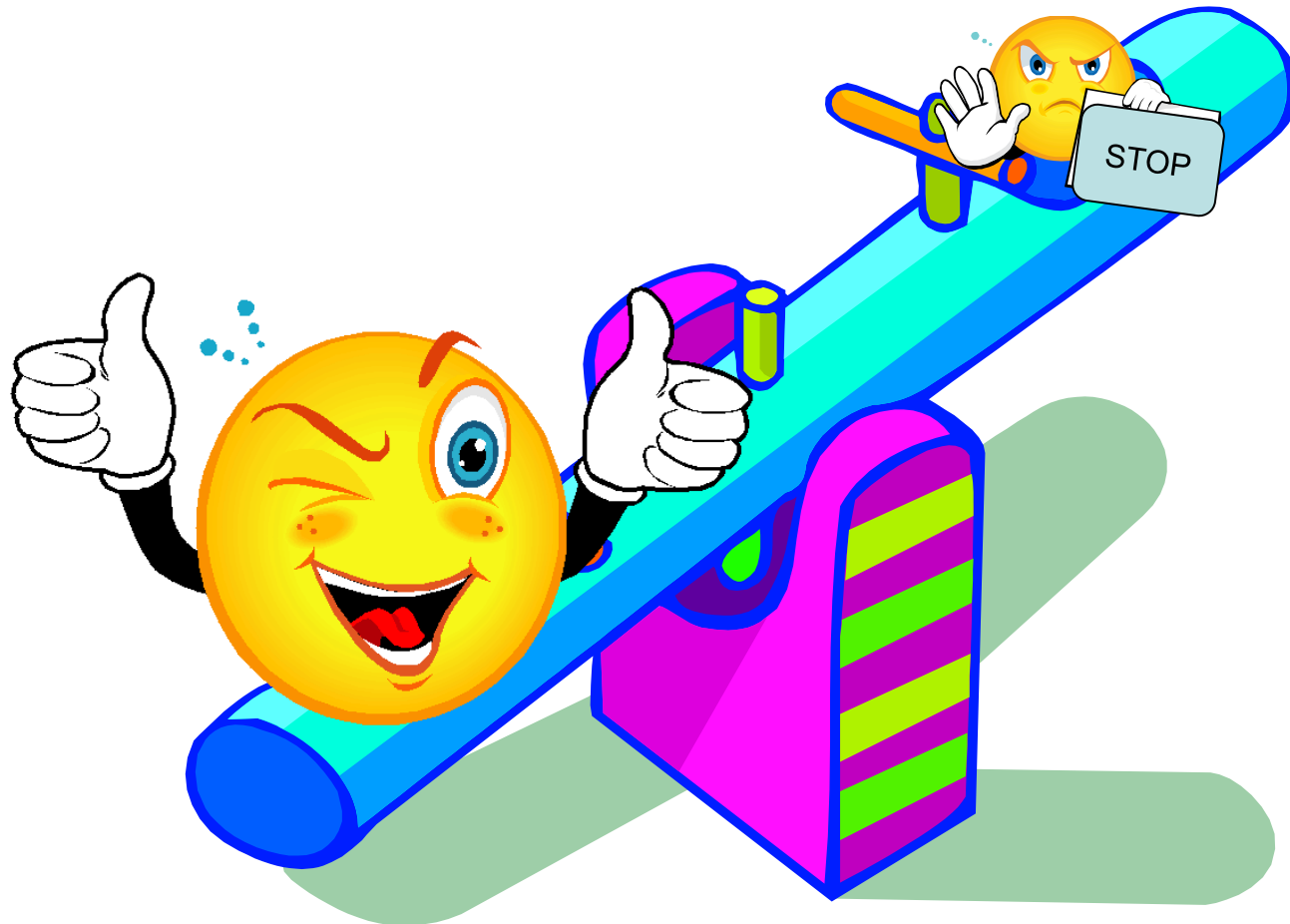
- Immediate
- Specific (show and tell)
- Ratio 4:1



Tipping the Scales: Negative too strong



Tipping the Scales TO YOUR ADVANTAGE

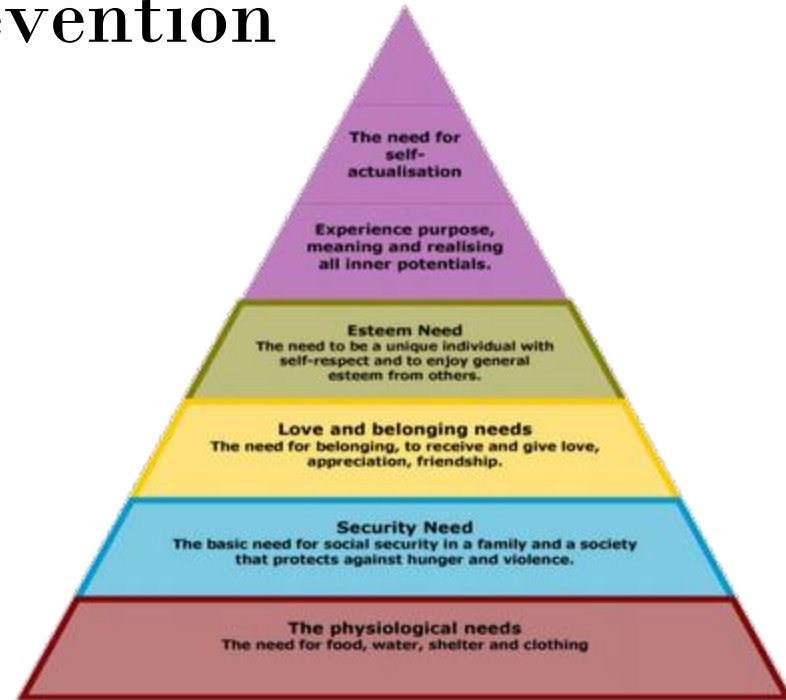


Preventive Teaching



Elements of Prevention

- Understanding ages and stages
- Understanding temperament
- Understanding Maslow
- Understanding Prevention



Click the image to view a larger version of the Pyramid Model

Teaching Social Skills

- Accepting . . .
- Following instructions



Appropriate responses



More appropriate responses . . .

Check yourself first:

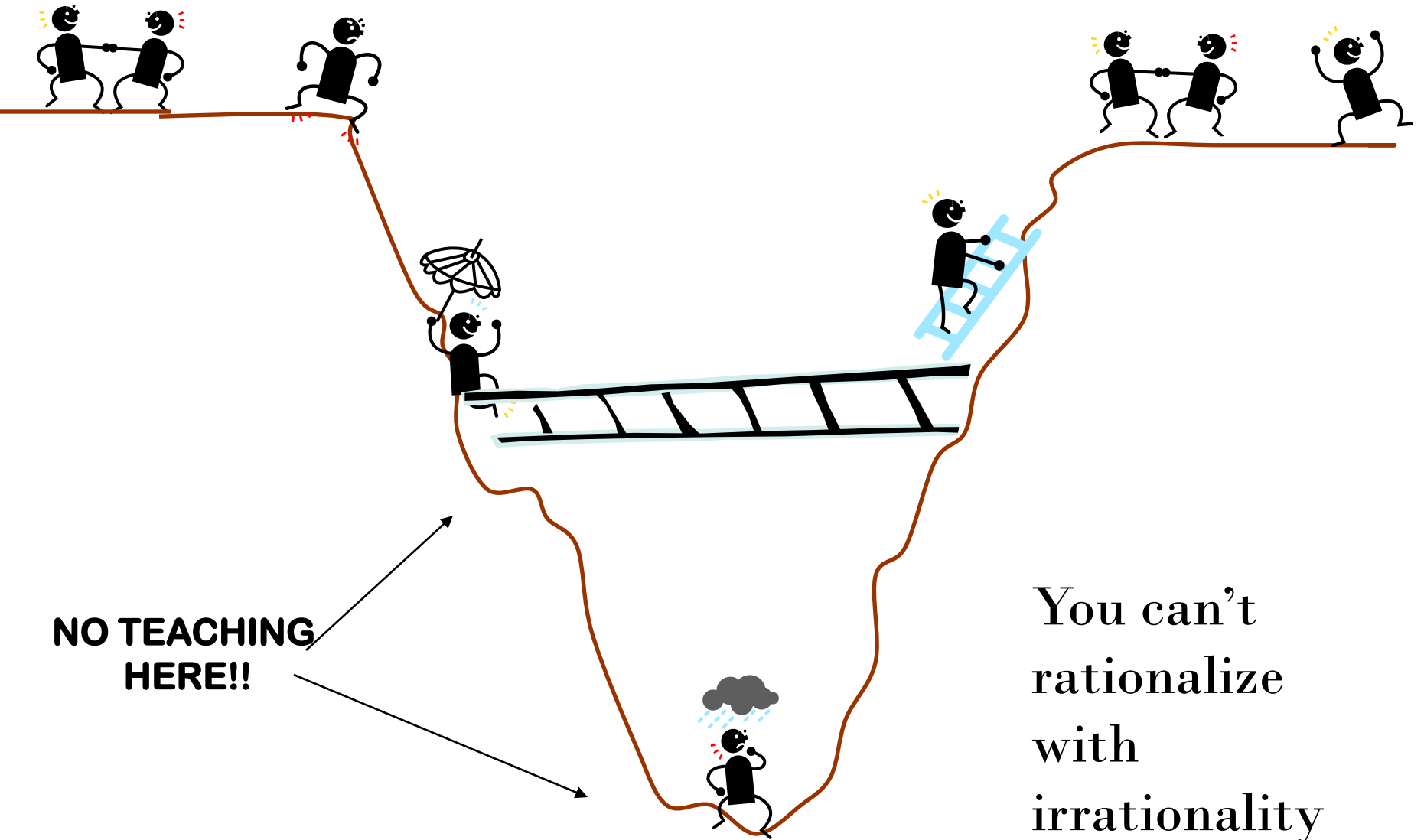
- Are you making a mountain out of a mole hill?
- Are you delivering conflicting messages? (What kind of role model are you?)
- Are you accidentally teaching them not to listen?



Are you wrestling with a
pig in the mud?



Avoiding “The Hole”



**NO TEACHING
HERE!!**

You can't
rationalize
with
irrationality

Consequences

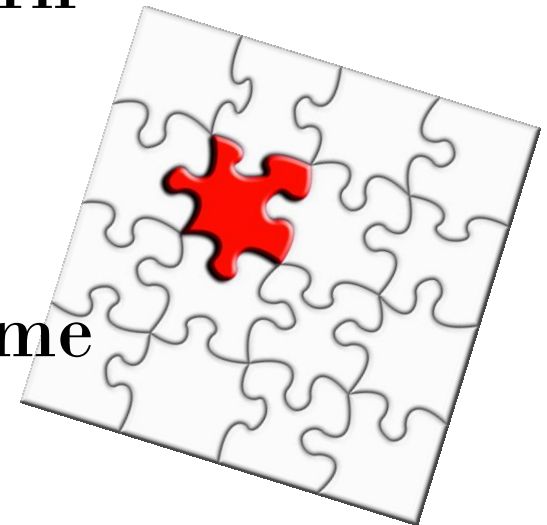
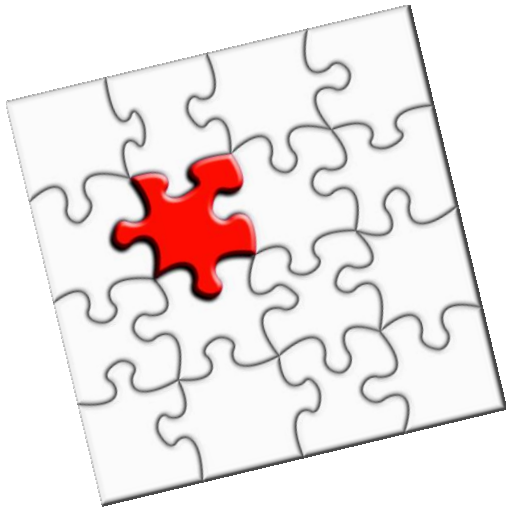
*Immediate

*Appropriate

*Meaningful

- Start with empathy
- Acknowledge and validate feelings

- Prompt
- Redirect
- Redo/Overlearn
- Undo
- Loss of item, privilege or time



Recommended Websites

- Love & Logic: www.loveandlogic.com
- Boys Town: www.parenting.org

Recommended Readings

GENERAL BEST PRACTICE:

- Common Sense Parenting of Toddlers and Preschoolers by Bridget Barnes and Steven M. York, M.H.D.
- Common Sense Parenting by Ray Burke, Ron Herron, and Bridget A. Barnes.
- Parenting with Love And Logic by Foster Cline and Jim Fay
- Go to Your Room! Consequences that teach. A common-sense guide to improving your child's everyday behavior by Shari Steelsmith
- The Pocket Parent: What to do when your 2- 5-year-old has tantrums, bites a friend, keeps interrupting, uses bad words, won't use the potty, and more . . . by Gail Reichlin and Caroline Winkler
- Good Night, Sweet Dreams, I Love You, Now Get Into Bed and Go To Sleep! How tired parents can solve their children's bedtime problems by Patrick C. Friman, Ph.D.

Recommended Readings

DEFIANCE & ANGER:

- The Kazdin Method for Parenting the Defiant Child by Alan Kazdin, Ph.D.
- Setting Limits With Your Strong-Willed Child: Eliminating conflict by establishing clear, firm, and respectful boundaries by Robert J. MacKenzie, Ed.D.
- No More Meltdowns Positive strategies for managing and preventing out-of-control behavior by Jed Baker, Ph.D.
- The Explosive Child by Ross W. Greene, Ph.D.

JUST FOR KIDS:

- Josh's Smiley Faces: A story about anger by Gina Ditta-Donahue
- When My Worries Get Too Big! A relaxation book for children who live with anxiety by Kari Dunn Buron