

Quick and Easy Interventions
(When kids are being less than angelic)

- Try a subtle message:
 - Give the evil eye
 - “Please stop”
 - The “Uh Oh!” Song
- Smile and let them know you’d like the behavior to stop but your life will continue on fine if they choose not to comply.
- Change their scenery
- Try asking:
 - “Is this really necessary?”
 - “Just because I love you, should I let you get away with that?”
 - “Would you mind not doing that, just for me?”
 - “Do you think this is the best time for that?”
- Walk away from the situation after you have asked that the behavior stop, giving the assumption of compliance.
- Not all misbehavior is bad, it may just be misplaced. “Could you save this behavior for when you’re outside?”.
- Use “I-messages”:
 - I-messages are a description of what is happening, how it makes you feel and summed up with “I just wanted to tell you how I feel”.
 - Provide the information needed to get across your feelings but stop talking before you tell the child what to do.
 - I-messages will not work right away. State your I-message, say thank you and walk away giving your child time and space to think about the situation.
- Use an Enforceable Statement (these are different from I-messages in that they describe what you will do and an I-message describes how you feel).
- Give choices! Lots and lots of choices!
- Try using the “I noticed” technique. Find something about your child that has nothing to do with your expectations for them but is just about who they are. Then try saying something everyday for a couple weeks. For example: “I noticed that you really love your stuffed bear.” “I noticed that you are really funny.” “I noticed that you like purple.” “I noticed you choose very kind friends.” Follow the statements up with “I just wanted you to know I noticed that” and walk away. See if they don’t start doing things for you when you say “Would you do that just for me?”

- Use Recovery. The following are questions the students can ask themselves while in Recovery:
 - What happened?
 - How did I feel?
 - What did I do?
 - How did it work?
 - What am I going to do next time?
 (It is up to the child how they will deal with the questions.)
- For an ongoing small problem, set up an appointment to talk with your child about it.
 - Give 2 choices for the appointment time both of which will work for you and let the child decide.
 - Don't make a big deal of your appointment.
 - Use I-messages to describe why you are frustrated or upset.
 - Work together on a solution that would work for everyone.
- Create a plan of action. Your child can do this on their own or you can help, depending on how cooperative they are being.
- Using the action plan, allow privileges for every day the child follows their plan (these are not rewards!). "If you have a good day Tuesday, what's your guess about Wednesday?"
- Provide natural and logical consequences with EMPATHY.
- Maintain the relationship at all cost!
- Delayyyyyyyy the consequences!
- Remember the things in your family that are privileges and don't be afraid to only give access to those people you trust or like being around.
- Find out the root of the problem. It usually is a trust issue.

Some Reminders...

- A good relationship with your child is key. Without the relationship, these suggestions will not work.
- Never embarrass your child. This is a sure-fire way to damage the relationship.
- Whisper or talk in a quiet voice whenever possible.
- Smile, smile, smile even when you're upset. It takes the child out of the emotional state and puts them in the thinking state. It's harder to mad at someone who's smiling at you.
- Remember the empathy. Sad not mad. Sarcasm doesn't work well. This is not about feeling sorry for your child, this is about sending the message that you are sad for them but you know they can handle the situation. **THEY ARE CAPABLE!**
- Send them the message that being a parent and handling the situations they throw at you is a piece of cake.
- Try whenever you can in difficult situations to focus on the behavior not the child.
- Not all of these will work for every child. Find the ones that work for yours.