

## Incredible Years – Week 4 Agenda

- **Social, Emotion, & Persistence Coaching -- Vignettes**

**Brainstorm Activity:**

-What behaviors do you want to see more of? What are ways that you praise? What praise words/statements did you use?

**Review KEY CONCEPTS:**

\*"Give it to get it" Principle (piggy bank)

\*Attending to learning "process", not only ed results

\*Modeling Self-Praise/Promoting Positive Self-Talk

\*Use specific encouraging statements vs nonspecific

\*Avoid praising only perfection

\*Building children's self-esteem through praise and encouragement.

- **Motivating Children through Incentives and Rewards – Vignettes**

**Brainstorm Activity:**

-No-cost and low-cost rewards

**Review KEY CONCEPTS:**

\*Clearly identify positive behavior

\*Shaping behaviors in the direction you want – "small steps"

\*What will reinforce one child will not necessarily reinforce another

\*Importance of reinforcing yourself, teachers, and others

\*Value of unexpected rewards and celebrations

\*"First-then" principle

\*Designing programs (charts) that are realistic and developmentally appropriate

\*Understand how to set up programs for problems such as cleaning room, doing dishes, compliance, eating, coming home on time, doing chores, etc.

\*Do not mix rewards with consequences (i.e. don't take away stickers)

- **Home Activities for the Week – Class documents on website**

[www.ButlerEarlyAccessNetwork.org](http://www.ButlerEarlyAccessNetwork.org)