

# Incredible Years – Week 6 Agenda

- **Review Rules/Routines/Limit Setting:**  
Any practice of commands, when-then?  
What household rules and/or chores did you discuss?

- **Ignoring Misbehavior -- Vignettes**

## **Brainstorm Activity:**

What behaviors can be ignored?

## **Review KEY CONCEPTS:**

\*Maintain self-control, model what you want to see

\*Repeated learning trials – negative behavior is a signal a child needs some new learning opportunities

\*Use ignore technique consistently

\*Understand the importance of distractions coupled with ignore.

\*Explain vending machine example of behavior which continues if there is some “pay off”

\*Use ignore for selected behaviors such as whining, eye-rolling, arguing, “attitude”

\*Keep filling up bank account with play, special time, praise and incentives

- **Time Out to Calm Down and Consequence – Vignettes**

## **Brainstorm Activity:**

-What are behaviors that warrant a time-out?

\*\*Time out is an “extended ignore” that withdraws parental attention and does not reinforce negative behavior. It is to be used for oppositional, noncompliant and destructive behaviors. It is not the only consequence (we will cover more in future sessions).

## **Review KEY CONCEPTS:**

\*Follow up on commands with a consequence

\*Avoid power struggles that reinforce misbehavior

\*Do the positive first – praise compliance

\*Maintain self-control

\*Administer time-out respectfully – keep your cool.

\*How to explain Time Out to children

\*Parents learn how to teach their children calm down skills

\*How to use Time Out selectively for destructive behaviors

\*Continuing to strengthen prosocial behaviors

Home Activities for the Week – Class documents on website [www.ButlerEarlyAccessNetwork.org](http://www.ButlerEarlyAccessNetwork.org)