

Points to Remember About Ignoring

- Avoid eye contact and discussion while ignoring.
- Physically move away from your child but stay in the room if possible.
- Be subtle in the way you ignore.
- Be prepared for testing.
- Be consistent.
- Return your attention as soon as misbehavior stops.
- Combine distractions with ignoring.
- Choose specific child behaviors to ignore and make sure they are ones you can ignore.
- Limit the number of behaviors to systematically ignore.
- Give attention to your child's positive behaviors.



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