



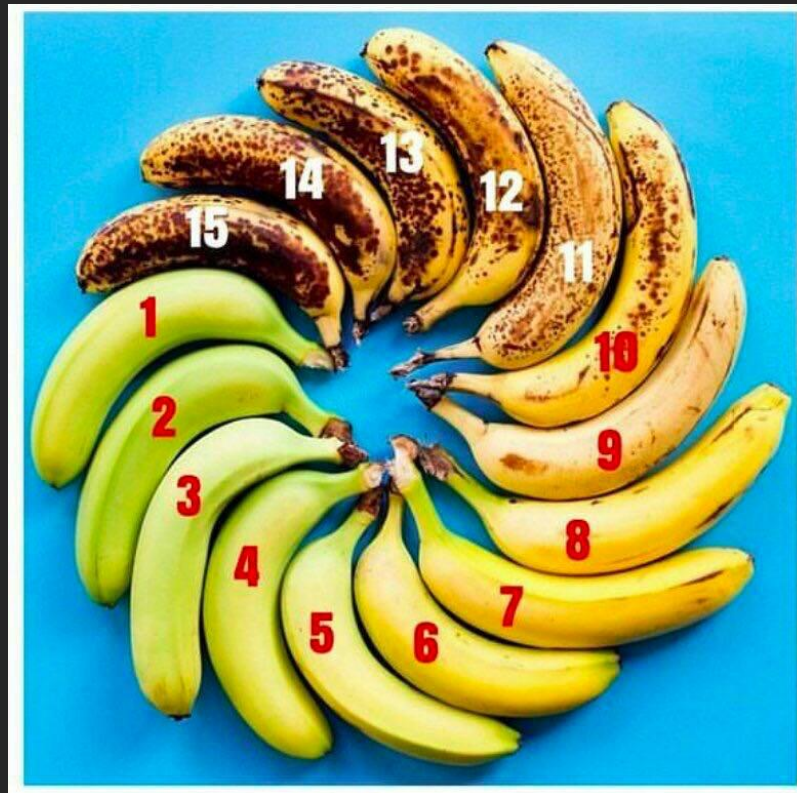
ST PAUL'S
C OF E PRIMARY SCHOOL
KINGSTON HILL

PARENTING WORKSHOP

1-2-3 Magic

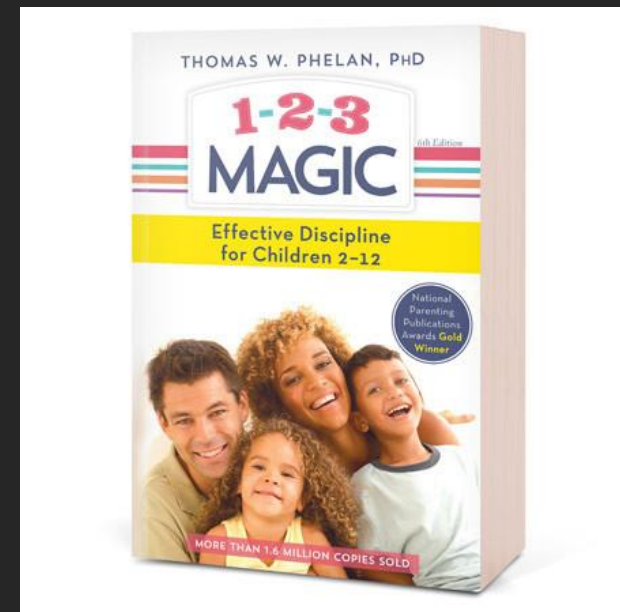
Introduction

- SENCO for 5 years
- Mum to two children



1-2-3 Magic

- ❑ Written by Thomas W. Phelan
- ❑ Recommended by parents of neuro-typical children, ADHD children and ASD children
- ❑ CAMHS often recommend this strategy
- ❑ For children age 2 to 12 years



For Best Results



- ❑ Be consistent and stick to the method, especially regarding *No Talking and No Emotion Rules*.
- ❑ It is preferable for all adults involved with the child at home to use the method.
- ❑ Ensure child is in good health and food, sleep and bathroom needs are being met.
- ❑ Not recommended for children involved in counselling or undergoing psychological evaluation.

Good news and bad news

- Immediate co-operators
- Immediate testers – (usually lasting a week – 10 days)



Effective parenting

- Warm and friendly on the one hand.
- Demanding and firm on the other.

- Automatic vs Deliberate Parenting



Parenting jobs

1. Controlling obnoxious behaviour
2. Encouraging good behaviour
3. Strengthening your relationship with your child



Stop vs. Start Behaviour

- Stop behaviour – something you want your child to stop doing (whining).
- Start behaviour – child not doing something positive you want them to do (like getting dressed).
- Is this behaviour something I want them to stop or is this something I want to get them to get going on?
- Start behaviours require motivation



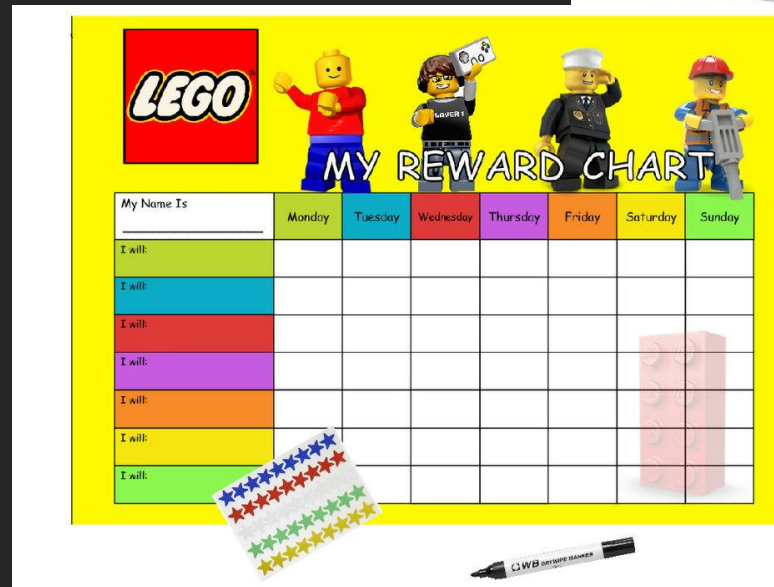
Controlling Obnoxious Behaviour

- Whining, disrespect, sulking, arguing, teasing, badgering, tantrums, yelling, and fighting
- Stop behaviour – use 1-2-3



Encouraging Good Behaviour

- Picking up toys, going to bed, being courteous, practising the piano, eating supper, being nice to other people and doing homework
- Use one of 7 tactics
 - ▣ Praise
 - ▣ Simple requests
 - ▣ Kitchen timers
 - ▣ Docking system
 - ▣ Natural consequences
 - ▣ Charting
 - ▣ Counting variation



Strengthening your relationship with your children

- Enjoy each other's company
- Like (not just love) your children
- Strategies for strengthening your relationships:
 - Practise sympathetic listening
 - Avoid over-parenting
 - Join in one-on-one fun
 - Solve problems together



Little Adult Assumption



- Belief that children are reasonable and unselfish
- Belief that during misbehaviour the child needs more information in their heads to do the right thing.
- Little Adult Assumption relies on words and reasons to change behaviour.
- “Talk-Persuade-Argue-Yell-Hit” Syndrome
- One explanation is fine – repeated explanations cause irritation and distraction.
- Dictatorship to democracy (family meetings)

Two biggest discipline mistakes

- Too much talking (understanding and Talk-Persuade-Argue-Yell-Hit route)
- Too much emotion (powerful)
- “When you talk too much, you switch your child’s focus from the need for good behaviour on to the possibility of an enjoyable argument.”



1-2-3 counting procedure

- STOP behaviours
- No talking, no emotions
- That's 1 (hold up a finger)
- That's 2 (hold up two fingers)
- That's 3. Take five.
- Consequence
 - Time-out or rest period -1 minute per year of child's life.
 - Time-out alternative
- Nothing said unless behaviour is new, unusual or dangerous.
- After time-out, nothing is said.



1-2-3 counting

- If a child hits or hurts – That's 3. Take 5.
- Serious offences – That's 3. Take 5 and add ... for the seriousness of the event.
- Voice should be calm and firm while counting.
- Benefits of counting
 - Energy Saving
 - More Affection, More Fun
 - Your Authority is Not Negotiable
 - Short and Sweet
 - Easy to Learn



Time-Out Alternatives

- ❑ Earlier bedtime
- ❑ No dessert/treat
- ❑ No use of phone
- ❑ No friend over
- ❑ No conversation for 15 min
- ❑ Removal of DVD, iPod
- ❑ Reduced computer time
- ❑ Loss of TV
- ❑ Monetary fine
- ❑ Chore – small (wash bath or sink) or large (weed garden)
- ❑ Write a paragraph



Counting challenges

- ❑ Child won't go to time out?
- ❑ Can different misbehaviours count to get to three?
- ❑ Can you ever ignore anything? (MBA- Minor but Aggravating)
- ❑ How long between counts?
- ❑ Child keeps leaving room?
- ❑ Child counts you back?



Four Common Behavioural Problems



Getting started with counting

- Have a Kick-Off conversation
- Dress rehearsal



Managing Testing and Manipulation

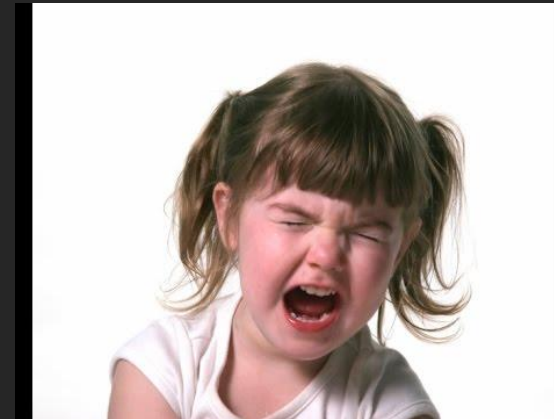
- Children are frustrated by parents:
 - Asking them to do something they don't want to do
 - Asking them to stop doing things they do want to do
 - Not giving them something they want



- Three things to remember:
 1. Testing occurs when the child is frustrated.
 2. Testing, therefore, is purposeful behaviour.
 3. When testing or manipulating, a child uses a choice of 6 basic tactics.

Six Basic Testing Tactics

- ❑ Badgering: “Why? Why? Why? Why?”
- ❑ Temper (Intimidation): “I hate you!”
- ❑ Threat: “I am going to run away from home!”
- ❑ Martyrdom: “I never get anything!”
- ❑ Butter Up: “ You’re the nicest dad in the world!”
- ❑ Physical Tactics: “Pow! Whack! Bam!”



Encouraging Good Behaviour

- Use routines – same way, same time, same place.
- 7 START behaviour tactics
 - Positive reinforcement – ratio 3:1
 - Simple requests – matter-of-fact & not question
 - Kitchen timers
 - The docking system - pocket money - you pay me
 - Natural consequences
 - Charting
 - Counting variation – 2 min



Artificial Reinforcers



- A trip for ice cream
- Brightly coloured tokens
- A small toy
- Outing with parent
- Shopping trip
- Playing a game with parent
- A no-chore voucher
- Cards for collection
- Tech time
- Cash
- Breakfast in bed
- Staying up later
- Renting a special movie
- Comic book or magazine
- Friend over
- Special phone call
- Other items for collection
- Helping make and eat cookies
- Using a power tool with supervision.

Getting up and out in the morning

- Chart and timer
- Routine
- Natural consequence for children age 9+



Cleaning up and Chores

- Close the door and don't look
- The Weekly Clean-up Routine
- Kitchen Timer and Docking System
- The Garbage Bag Method
- 55 Gallon Drum
- Chores
 - 7 and up (family meeting)
 - Charts
 - Docking system



Surviving Meals

- ❑ Eating is a START behaviour
- ❑ Small portions and kitchen timer
- ❑ Three-Out-of-Four Rule
- ❑ The Divide-and-Conquer Routine



Tackling the homework problem

- Build it in to your daily routine
- Natural consequences
- PNP method
- The Rough Checkout
- Stick to a time limit
- Charting for homework



Neat	1 point
Correct	1 point
Thorough	1 point
No complaining	1 point
Magic point – starting on own	1 point
Total Possible Score	5 points

Going to bed and staying there!

- Basic Bedtime Method
 - 30 minute timer – once ready, special time
- Set routine and bedtime
- Won't stay in bed – cut them off at the pass
- Night-time waking



Strengthening Relationship with Your Child

- Sympathetic Listening
 - ▣ Openers
 - ▣ Non-judgmental questioning
 - ▣ Reflecting feelings
 - ▣ Checks and Summaries
- Be careful of over-parenting
- One-on-one fun
- Solve problems together – family meeting
- Stay consistent

