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## Behavior Control Techniques



### Choices Have Consequences

As a teacher and coach, you should work with your child about choices and resulting consequences. She makes the choice and is aware of the consequences of her choice. She can choose to “*follow directions*” or choose to “*ignore*” you. Each choice has different consequences.

Your objective is to raise a kind, respectful child who knows the difference between right and wrong and realizes that choices have consequences. At this age children learn to be responsible for their behavior. You, as parent and coach, should focus on clearly communicating limits and expectations. Notice how your reactions and behaviors affect your child's behaviors.

Remember that you and your child are engaged in a dance. You need to take the lead when your child is misbehaving.

### Interventions for Consequences

*From Least to Most Restrictive*

**Removal or Loss of Item:** This technique is used when your child is improperly using an object, or her misbehavior is caused by or connected with a certain object. In these situations, the consequence should include the removal of that object. *This intervention is effective with attention-seeking or frustrated behaviors such as misusing items or fighting over objects.*

For example: If your child is playing her drums while you are talking on the phone and does not stop when you ask her, you need to remove the drums until she behaves. For example: *“I am talking on the phone right now and I need for you to be quiet. It would be better if you play in your bedroom while I'm on the phone. If you keep banging on the drums (or the preferred inappropriate activity of the moment) I will take them away for 20 minutes.”*

**Removal from Activity or Attention:** This technique is used when your child misbehaves while participating in an activity. The consequence for this should be removing her from the activity.

For example: If your child begins to misbehave with a playmate, remove her from the play area. Once she is behaving properly, she can rejoin her playmate. Clearly explain why she was taken away from the

play area and how you expect her to behave when she rejoins her friend.

*“We will go back to the party, but:*

- 1. If you misbehave again,*
- 2. We will leave the party for good.*
- 3. It's better if you are polite, take turns with the other children, have a good attitude, and follow directions.*
- 4. This is your first warning. Remember, three warnings and we are out of here.”*

*Loss of activity or attention is effective with attention seeking, frustration, and anger-motivated behaviors such as not sharing, tantrums, yelling, screaming, arguing, and not listening.*

**Active Ignore.** This technique is used when your child's undesirable behavior is not harmful to herself or others. After you ensure that your child is safe, and the behavior doesn't stop after verbal cues, ignore the behavior. Do not look at, communicate, or maintain eye contact with your child. Continue your regular routine and keep your voice pleasant.

Do not act frustrated or mad; if you show emotion at this time, your child sees you reacting and realizes that you are, in fact, noticing her behavior. Be prepared for the behavior to get worse before it gets better, but still make sure you do not intervene. Any communication at this point will reward the behavior.

For example: When you tell your child “No” to a piece of candy, she throws herself onto the floor and begins to tantrum. After you make sure the environment is safe and she cannot harm herself, you turn your back and pleasantly go about your business. Do not respond or directly pay attention to your tantruming child until she is behaving again. *Ignoring is effective with attention-seeking behaviors such as whining, nagging, and tantrums.*

**The Three Warnings with Action is used for  
misbehaviors that are non-harmful.**

**Three Warnings with Action:** This procedure allows your young learner the benefit of the doubt and a chance to change her behaviors. It also ensures that you have clearly communicated with your child that her misbehaving is unacceptable. The 3 Warnings with Action is used for