

7 STEPS OF CORRECTING BEHAVIORS

STEP 1

GET THE CHILD'S ATTENTION to stop the problem behavior.

STEP 2

EXPRESS EMPATHY.
I realize that you are....

STEP 3

DESCRIBE THE BAD BEHAVIOR. Be sure to be descriptive and avoid judgment. Avoid asking questions.

STEP 4

DELIVER A CONSEQUENCE.
The consequence should be doable and is meant to teach not punish your child.

STEP 5

DESCRIBE WHAT YOU WANT YOUR CHILD TO DO INSTEAD. Use words your child will understand.

STEP 6

GIVE A REASON WHY this good behavior is IMPORTANT TO YOUR CHILD.

STEP 7

PRACTICE THE NEW BEHAVIOR and then REDUCE THE CONSEQUENCE.