Managing Disruptive Behaviour

Exercise for the parent:

1. Target one or two of your child’s behaviours that require a consequence.
2. Target one or two of your child’s behaviours that are annoying or disturbing.

Once the behaviours are targeted, complete the following table:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Behaviour | Parental intervention | Means to achieve intervention method |
| EXAMPLE | The child refuses to do a task. | Give them a deadline. | Take two minutes to consider a reasonable deadline that will have an impact (e.g.: “You need to clean your room by noon if you want your friend to come over this afternoon.”). |
| Requires a consequence |  |  |  |
|  |  |  |  |
| Annoying or disturbing |  |  |  |
|  |  |  |  |

Give yourself the opportunity to test these interventions over the next two weeks. Assess the impact of your interventions and target other behaviours as needed. Start by making one change at a time every two weeks.

I KEEP TIME FOR MYSELF.

I SET MY AGENDA TO PURSUE THE PARENTING PATH!