

Behavior Modification

Seven Skills That Invite the Children to Cooperate

Instead of questioning and criticizing a child for a fault, how to make them cooperate. The following 7 skills will help you.

1) Describe the Problem:

The Problem – Child spills the paint on the floor.

Accusation: “Billy, you are so careless! Look what you did to the floor”

Describe the problem: *“Billy there are some paint on the floor”.*

2) Give Information:

The problem – child scribbles on the table

Accusation: “What do you think you are doing? Who gave you the right to scribble on the table?”

Give Information: *“Tables are not for writing on. Paper is for writing on”*

3) Offer Choice:

The problem – Child doesn't want to clean up

Order: “Didn't you hear me? It's clean up time. Put those blocks away.”

Offer Choice: *“You can put your blocks back on the shelf or in the box”*

4) **Say it with a Word or Gesture:**

The Problem – Child forgets to take his jacket to go out.

Warning: “Where are going without your jacket? It’s freezing out. Do you want to catch a cold?”

Say it with a word: “Billy your jacket.”

5) **Describe how you feel:**

The Problem - Child hangs on your hand.

Sarcasm: “Do I look like a tree? Stop hanging on me”

Describe how you feel: “It hurts my back when people hang on me”

6) **Put it in Writing:**

The Problem – Child doesn’t want to take care of the pet fish

Threat: “Johnny how many times I asked you to feed the fish. If you don’t feed the fish we’ll give the fish to someone”

Place a sign beside the fish tank “FEED ME.”

7) **Try using another Voice or Accent:**

Such as – an English lord, a French maid, or a Robot.

The Problem – Child doesn’t want to clean up before dinner.

A Robot Voice: All----toys----books----shoes----banana peels----need----to---vanish---before---dinner----

How to Praise a Child

There are 2 types of praises.

- 1) Descriptive Praise
- 2) Evaluating Praise

Example for a Descriptive Praise:

Child: *Dad look at my picture*

Dad: *Very good, great job.*

Example for an Evaluating Praise:

Dad: I see a black sky and a pale moon and bright yellow stars.

The Descriptive Praise make the child to depend on his parents approval and their happiness.

The Evaluating praise makes the child to do things for his happiness and he/she wouldn't depend on others opinion.

How to Give Positive Message to the Children

It is discouraging for children to hear 'No' and 'don't' very often. Children will respond more cooperatively if you use positive words over negative words.

Examples for positive and negative messages

Negative

- 1) Don't run
- 2) Don't hit
- 3) If you don't finish your lunch, you can't go to the park_today.

Positive

- 1) Walk
- 2) Hands are for working
- 3) When you finish your lunch we can go to the park.

**How to make a child to stop an inappropriate behavior
without saying ‘No or don’t’?**

Such as- pushing, kicking or spitting....

- 1) Child kicks a sibling – Give him/her a pillow or a ball to kick.
- 2) Child runs inside the house – Take him/her out to the yard and let him run around.
- 3) Child pushes someone – Give him/her a toy car or a wall to push.
- 4) Spitting – Take him/her to the toilet and ask the child to spit in it.