New Response Strategy

Avoid Attending to the Behavior

Remove your visual and verbal attention by looking in another direction and only speaking to your child if necessary.

Stay near your child to ensure they remain safe. Remove harmful items from the surrounding area, if possible.

Use strategies to stay calm like counting or taking deep breaths. Avoid reacting to your child’s behavior with frustration or anger.

Block harmful behavior. Remember to keep your visual and verbal attention to a minimum during this time.

When you notice your child not engaging in challenging behavior (even if for a moment) provide brief positive feedback and reassurance.

Provide high-quality positive feedback if your child requests your attention appropriately.

“It seems like you’re calming down. I’m here to help when you’re ready.”

Click here for more self-care strategies.

For more information on how to avoid attending to your child’s challenging behavior, click here.