

GOALS OF MISBEHAVIOR					
THE GOAL BEHIND THE BEHAVIOR	You feel:	The child is:		The child's actions seem to be saying:	Corrective Measures
ATTENTION	<u>ANNOYED</u> You want to remind, nag, or coax You are delighted with "good" child	Seeking undue attention. Temporarily stop action when given attention.	Be sure you spend time each day with each child. Children should not be given attention on demand.	I belong only if I am receiving attention, and negative attention is better than being ignored.	No eye contact. No words. Nonverbally make the child feel loved. Do this as soon as the child starts to become annoying.
POWER	<u>ANGRY OR CHALLENGED</u> Challenged. "I'll make you do it!"	Involving you in a power struggle. Actions get bigger when scolded.	Children often will do what they are told, but in their own way	I am important when I am boss. I have control.	You may win the argument, but you lose the relationship. Give choices not orders. Don't play tug of war. Don't fight – but don't give in
REVENGE	<u>HURT</u> You want to get even "How could you do this to me?"	Possibly seeking revenge. Makes self disliked.	I find a place by hurting you, because I am hurt	I can't be like and I don't have power, but I'll count if I can hurt others as I feel hurt.	DO NOT hurt back! Reestablish the relationship. Use logical consequences. PATIENCE PATIENCE
HELPLESSNESS	<u>FRUSTRATED AND WANT TO GIVE UP</u> "What can I do?" You feel both annoyed and pity (sometimes anger)	Discouraged or have given up. Passive	Being needy and having things done for them	I can't do anything right so I won't do anything at all.	Don't coax or show pity. Arrange small successes. Avoid doing for the child and find situations for the child to feel valuable.

Adapted from Dinkmeyer & McKay, Rudolf Dreikurs

- Build positive relationships: Parents should remember that respect from children is earned. Nagging, yelling, hitting, talking down, or following a double standard – shows lack of respect. We get respect when we give it.
- Spend time each day with each child – doing something you both enjoy.
- Children need frequent encouragement. Catch your child being good and then tell them.
- Non verbal signs are important: hugs, kisses (if you can get them), pats and touch in general.
- Train yourself to look at the results of misbehavior rather than just the misbehavior.

One final word of encouragement – a child who makes mistakes is a child who is doing his/her job. Their job is to learn where they fit in and relate to people in their world. Your job is to help them feel loved (even when they do wrong) and learn from their mistakes.

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