



THE FAMILY TREE

What you can do when you don't like what your child is doing

Things to do	Example of When This Might Work
Ignore	Your child has a temper tantrum. <i>You calmly leave the room.</i>
Change the situation	Billy and his cousins are fighting. <i>You separate them until they can get along.</i>
Change the environment	Your toddler touches your best vase. <i>Put it away until they learn what is for looking and what is for touching.</i>
Distract	Two toddlers want the same toy. <i>Distract one with a new toy.</i>
Take away a privilege	Your older son picks on his little brother. <i>He does not get to stay up and watch TV.</i>
Reward	Any positive word or action that lets the child know we appreciate their behavior. <i>Be specific about what you are praising (e.g. "I really like it when you are quiet when I'm on the phone.")</i>
If-then	<i>"If you get the dishes done quickly, then we can play one game of cards before homework."</i>
Prevent	You know that your child is going to start grabbing things in the store, <i>so you tell him ahead of time that if he wants to go to the store with you then he can't grab. Then reward him for his good behavior.</i>
Accept-Tolerate	Your child loves his ugly sweater. You hate it, <i>but just ignore it and let him wear it without criticizing him. Is it worth it to argue over??</i>
Catch them being good	<i>"It makes me so happy to see you studying without even being told."</i>
Active listening	"Mom, the teacher embarrassed me today." <i>"I bet you're feeling bad about that. Can you tell me about it?"</i>
Mutual problem	Mom and Johnny want to watch different TV shows on Saturday afternoon. <i>They negotiate and compromise.</i>
Time-out	Sammy is pitching a fit and won't calm down. <i>He is sent to time-out (NO closets!).</i>
"I" messages	<i>"When I see dirty dishes all over the living room, I feel angry because the kitchen is where we eat so that we don't draw bugs."</i>
Choices	<i>"The jobs that need to be done today are sweeping, emptying the trash, doing the dishes and vacuuming the rug. Which two jobs do you want to do, Sarah?"</i>
Natural compromises	Your son breaks a neighbor's window. <i>He helps pay for it and helps to replace it.</i>