CF PSYCHOLOGY PARENT RESOURCES

Parenting Tips for Promoting Positive Behavior and Attention

1) Encourage appropriate behavior by using praise and rewards immediately following the appropriate behavior.

2) Provide consistent consequences for inappropriate behavior, immediately following the inappropriate behavior.

3) Organize the day, set a routine and keep to it. Help your child prepare for any transitions/changes in the routine.

4) Create clear, consistent boundaries and expectations (immediately before an activity/situation)

5) Engage your child in positive activity! Set aside time for this each day.

6) Using a timer may help with reinforcing structure, tasks, time limits, etc.

7) Use clear, understandable instructions—break up larger tasks into small steps that are more manageable. Use visual aids when appropriate to reinforce the instructions/steps. Check for understanding by asking your child to repeat instructions back to you.

8) Establish clear communication with teachers/school—use a communication tool (e.g., a daily report card) so you have a good understanding of your child’s behavior in the classroom.

9) Direct your child’s attention to you by asking her to direct her eyes to you when speaking.

10) Strategic ignoring—sometimes ignoring or stepping out of the room can be quite helpful, if your child is engaging in inappropriate behaviors to get attention. For children, sometimes any kind of attention—even negative attention—is reinforcing!

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