

# Evidence-Based Behavior Therapy Interventions, And Methods Taught In SOS Help For Parents Program



## Three Behavior Management Rules

### A “Clinician’s Toolbox of Interventions”

#### Increasing Behavior Methods

##### Rule 1. **Reward good behavior (and do it quickly and often)** (Positive reinforcement of appropriate behavior)

Social Rewards – the most effective rewards

Praise, Descriptive praise

Attention, positive comments, statements of approval

Activity Rewards (including privileges), Material Rewards

Token Rewards, Point Rewards, and Contracts

Grandma’s Rule (Premack principle)

Reward The Good Alternate Behavior

Use Clear Instructions and Commands (Forehand research)

Help practice good behavior, prompt good behavior

Shaping good behavior

Additional rules and skills

State your expectations clearly and in advance, in new situations

Show your child approval of good behavior that you see in others (including in media)

Discuss with your child the behavior & emotions of others, including in media (which will help enhance emotional-social intelligence)

Use reflective listening to help your child identify and express feelings (which helps enhance emotional intelligence)

Teach the ABCs Of Emotions & Straight Thinking (which help enhance emotional intelligence)

See [www.sosprograms.com](http://www.sosprograms.com)  
for more information

“Good behavior” is any behavior that a parent and counselor desire to see increased in a child. It might include, for example, increased assertiveness.

#### Decreasing Behavior Methods

##### Rule 2. **Don’t “accidentally” reward bad behavior** (Extinction of inappropriate behavior)

Withhold the social reward, activity reward, or material reward that your child’s bad behavior is demanding from you. This critical skill implements Rule 2 and is commonly overlooked by parents and counselors. Rule 2 is the author’s “favorite rule.”

Use Active Ignoring on some bad behavior; Fading the reward

Don’t reverse Grandma’s Rule (ie, don’t reverse the Premack Principle)

Additional rules, skills

Don’t accidentally encourage or prompt bad behavior (and discourage other adults from doing so)

Don’t accidentally show your child approval of unacceptable behavior that you see in others (including in media)

Limit your child’s exposure to models displaying unacceptable behavior (including in media)

#### Decreasing Behavior Methods

##### Rule 3. **Correct some bad behavior (but use mild correction only)** (Punishment of inappropriate behavior)

Time-out (but avoid 9 common time-out errors) Time-out often concurrently implements Rule 2 as well as Rule 3.

Time-out for toys that misbehave, Time-out for two, Immediate time-out vs. delayed time-out

Scolding and Disapproval (do later make five positive comments for each disapproval or criticism, 5:1 Rule)

Use “I statements” as well as “You statements.”

Natural Consequences, Logical Consequences, Behavior Penalty (i.e., Response Cost)

Don’t use harsh punishment, sarcasm, or threats.

Additional rules, skills

Show your child disapproval of significant unacceptable behavior that you see in others (including in media)

Perils of punishment – beware the downsides of punishment. Beware of Split Reinforcers.

## Four Behavior Management Errors To Avoid

### Error 1. **Parents fail to reward good behavior** (Error - extinction of appropriate behavior)

(Error 1 is the failure to follow Rule 1)

Additional errors, rules, skills

Parents fail to teach and prompt good behavior

Parents fail to show approval of good behavior that they see in others (including in media)

### Error 2. **Parents “accidentally” correct/punish good behavior** (Error - punishment of appropriate behavior)

(Error 2 is the reversal of Rule 1)

### Error 3. **Parents “accidentally” reward bad behavior** (Error - positive reinforcement of inappropriate behavior)

(Error 3 is the failure to follow Rule 2) Error 3 is the author’s favorite parenting error to observe.

Parents accidentally give in to their child’s bad behavior with social rewards, activity rewards, or material rewards

Parents accidentally reverse Grandma’s Rule (ie, reverse the Premack Principle)

Parents accidentally display bad behavior themselves (which their child later imitates)

Parents and other adults accidentally prompt and teach bad behavior

### Error 4. **Parents fail to correct bad behavior (when mild punishment is indicated)**

(Error - failure to punish inappropriate behavior when mild punishment is indicated) (Error 4 is the failure to follow Rule 3)

**Additional behavior management interventions, methods, skills, and errors presented:** Be a good model; Increase self-acceptance; parents and children teaching each other behaviors; contrast punishment with negative reinforcement; beware of negative reinforcement which is undesirable; avoid reciprocal escalating threats and aggression between parent and child; offering choices (“You’ll need to play quietly inside or go outside and play. Which do you want to do?”) Also: help your child learn increased emotional intelligence (SOS Help For Emotions); teach ABC’s Of Emotions and Straight Thinking (SOS Help For Emotions); cognitive behavior therapy/rational emotive behavior therapy.

Download this free resource from “Resources For Counselors & Educators” at [www.sosprograms.com](http://www.sosprograms.com).