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## Menu Of Interventions For 46 Problem Behaviors

PROBLEM PARENTS FACE



"Do you want it? Hee, hee, hee!"

Does this remind you of your kids?



To use this **Menu Of Interventions**, look up a particular problem behavior which a child is demonstrating. Study various methods and strategies that you might use to help the child. The list, however, isn't intended to be used without first reading *SOS*, which describes when and how to use these basic methods and techniques for improving behavior.

**Aggression** — physically aggressive actions including choking, biting, hair pulling, hitting, kicking, pinching, pushing, scratching, slapping, and spitting.

Time-out, 35-44, 61-65

Scolding and disapproval, 49-50

Logical consequence, 53-54

- Behavior penalty, 54-56
- Time-out for two, 133-136
- Timing-out toys and objects, 137-142
- Accidentally rewarding the misbehavior, 9-11
- For serious aggressive behavior, 143-150
- Children expressing feelings, 151-157
- Rewarding the alternative behavior, 28-29
- Working with the teacher, 150, 169-173, 178
- Limit exposure to aggressive models, 31, 150
- Set a good example, 31-32
- Controlling your own anger, 191-194

**Anger of parents**

- Controlling your own anger, 191-194
- See books listed in Chapter 21, 182

**Attention-seeking misbehavior**

- Accidentally rewarding the misbehavior, 9-11
- Active ignoring, 26-28
- Rewarding the alternative behavior, 28-29
- Giving clear commands, 17-19
- Time-out, 35-44, 61-65
- Behavior penalty, 54-56

**Attention-Deficit/Hyperactivity Disorder (ADHD)** — short attention span and continuous overactivity All SOS methods are especially appropriate for children with ADHD.

- See 159-160
- Getting professional help, 185-189
- Working with the teacher, 169-173, 178
- See books listed in Chapter 21, 182-183

**Automobile travel and misbehavior**

- See 118-119
- Being an organized parent, 32-33
- Rewarding the alternative behavior, 28-29
- Behavior penalty, 54-56
- Delayed time-out, 114-116
- Timing-out toys and objects, 137-142
- See at a motel, 108

**Away-from-home misbehavior in homes of friends** and relatives

See 114-116  
Rewarding the alternative behavior, 28-29  
Behavior penalty, 54-56  
Immediate time-out, 114-116  
Delayed time-out, 114-116

**Away-from-home misbehavior in stores** and when shopping

See 117-118  
Being an organized parent, 32-33  
Rewarding the alternative behavior, 28-29  
Accidentally rewarding the misbehavior, 9-11  
Logical consequence, 53-54  
Behavior penalty, 54-56  
Immediate time-out, 114-116  
Delayed time-out, 114-116

**Away-from-home misbehavior in outdoor play activities**

See 119  
Rewarding the alternative behavior, 28-29  
Logical consequence, 53-54  
Immediate time-out, 114-116  
Behavior penalty, 54-56  
Time-out for two, 133-136  
Timing-out toys and objects, 137-142  
For serious aggressive and dangerous behavior, 143-150

**Baby-talk and immature language**

Accidentally rewarding the misbehavior, 9-11  
Parents agreeing on goals, 15-16  
Rewarding the alternative behavior, 28-29  
Practicing the good behavior, 29  
Active ignoring, 26-28

**Back-talk, sassy talk**

Scolding and disapproval, 49-50  
Giving clear commands, 17-19  
Time-out, 35-44, 61-65  
Rewarding the alternative behavior, 28-29  
Practicing the good behavior, 29  
Behavior penalty, 54-56  
Accidentally rewarding the misbehavior, 9-11

**Bedtime problems**

- Racing the timer, 161
- Accidentally rewarding the misbehavior, 9-11
- Rewarding the alternative behavior, 28-29
- Point-rewards and tokens, 121-128

**Bedwetting, enuresis**

- See 163-164
- Points for dry nights, 121-127
- Rewarding the alternative behavior, 28-29
- Daytime enuresis, 164-165

**Biting and threats to bite**

- Time-out, 35-44, 61-65
- Giving clear commands, 17-19
- For serious aggressive behavior, 143-150
- Working with the teacher, 169-173, 178
- See 174

**Chores — avoidance of tasks**

- Rewarding the good behavior, 6-9, 25, 28-29
- Grandma's Rule, 30
- Point-rewards, tokens, and contracts, 121-132
- Racing the timer, 161
- Resting Chair, 162-163

**Communication problems between parent and child**

- See clear communication, 15-17
- Children expressing feelings, 151-157
- Giving clear commands, 17-19
- Negotiating parent-child contracts, 128-132
- See after time-out discussion, 95-98
- Parent education classes, 179-181
- See books listed in Chapter 21, 182-184

**Communication problems between parents**

- See clear communication, 15-17
- Controlling your own anger, 191-194
- Getting professional help, 185-189
- Communication problems between stepparents
  - See books listed in Chapter 21, 184

**Complaining — persistent, obnoxious complaining, begging, or demanding behavior**

- Rewarding the alternative behavior, 28-29
- Scolding and disapproval, 49-50
- Accidentally rewarding the misbehavior, 9-11
- Active ignoring, 26-28
- Giving clear commands, 17-19
- Time-out, 35-44, 61-65

**Dangerous behavior**

- See strategy for handling dangerous behavior, 143-150
- Logical consequence, 53-54
- Behavior penalty, 54-56
- Time-out, 35-44, 61-65
- Timing-out toys and objects, 137-142
- Scolding and disapproval, 49-50
- Rewarding the alternative behavior, 28-29
- See after time-out discussion, 95-98

**Daydreaming**

- Children expressing feelings, 151-157

**Dependency — overdependency as a problem**

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- Accidentally rewarding the behavior, 9-11
- Parents agreeing on goals, 15-16
- Practicing the good behavior, 29
- Point-rewards and tokens, 121-128
- Children expressing feelings, 151-157
- Parent education classes, 179-181

**Damaging toys and objects, carelessly and intentionally**

- Scolding and disapproval, 49-50
- Timing-out toys and objects, 137-142
- Natural consequence, 51-52
- Giving clear commands, 17-19
- Logical consequence, 53-54
- Behavior penalty, 54-56
- Time-out, 35-44, 61-65
- Rewarding the alternative behavior, 28-29
- For serious aggressive behavior, 143-150
- Children expressing feelings, 151-157

**Dressing problems**, dressing without help and dressing more quickly

- Rewarding the good behavior, 6-9, 25, 28-29
- Practicing the good behavior, 29
- Tokens, 127-128
- Grandma's Rule, 30
- Racing the timer, 161

**Fear's, phobias, anxiety, shyness, and withdrawn behavior**

- Children expressing feelings, 151-157
- Working with the teacher, 169-173, 178
- Rewarding the alternative behavior, 28-29
- Accidentally rewarding the undesired behavior, 9-11
- Getting professional help, 185-189
- Parent education classes, 179-181

**Homework resistance**

- Working with the teacher, 169-173, 178
- Point-reward program, 121-127
- Grandma's Rule, 30
- Children expressing feelings, 151-157

**Hyperactivity** — see Attention-Deficit/Hyperactivity Disorder

**Interrupting** — persistently interrupting adults after a warning

- Tolerance by parents
- Rewarding alternative behavior, 28-29
- Giving clear commands, 17-19
- Accidentally rewarding the misbehavior, 9-11
- Time-out, 35-44, 61-65

**Learning disorder, learning disability, reading problems, and the slow learner**

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- Working with the teacher, 169-173, 178
- Getting professional help, 185-189
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**Messiness and sloppiness**

- Practicing the good behavior, 29
- Rewarding the good behavior, 6-9, 25, 28-29
- Rewarding the alternative behavior, 28-29

Point-rewards, tokens, and contracts, 121-132  
Grandma's Rule, 30  
Sunday Box, 141-142  
Behavior penalty, 54-56  
Natural consequence, 51-52

**Mocking parents, intentionally embarrassing and humiliating parents**

Giving clear commands, 17-19  
Time-out, 35-44, 61-65  
Behavior penalty, 54-56

**Name calling, making faces at others**

Giving clear commands, 17-19  
Time-out, 35-44, 61-65  
Time-out for two, 133-136  
Behavior penalty, 54-56

**Not minding — noncompliance to simple requests**

Giving clear commands, 17-19  
Time-out, 35-44, 61-65  
Rewarding the alternative behavior, 28-29  
Point-rewards, tokens, and contracts, 121-132  
Logical consequence, 53-54  
Behavior penalty, 54-56

**Pets Mistreated**

Scolding and disapproval, 49-50  
Rewarding the alternative behavior, 28-29  
Time-out, 35-44, 61-65  
Timing-out the pet, 137-142  
Logical consequence, 53-54  
Behavior penalty, 54-56  
Limit exposure to aggressive models, 31, 150

**Pouting**

Active ignoring, 26-28  
Patience  
Accidentally rewarding the misbehavior, 9-11  
Rewarding the alternative behavior, 28-29

**Rule-breaking, resisting rules of parents**

Clear communication and commands, 15-19  
Time-out, 35-44, 61-65  
Rewarding the alternative behavior, 28-29  
Point-rewards, tokens, and contracts, 121-132  
Logical consequence, 53-54  
Behavior penalty, 54-56

**Screaming and screeching when angry**

Time-out, 35-44, 61-65  
Rewarding the alternative behavior, 28-29

**Self-esteem and self-concept difficulties**

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Parent education classes, 179-181  
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**Sharing toys**

Practicing the good behavior, 29  
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**Sibling conflict — arguing and fussing between brothers and sisters**

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Rewarding the alternative behavior, 28-29  
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Timing-out toys and objects, 137-142  
Logical consequence, 53-54  
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See books listed in Chapter 21, 182

**Spitting at others**

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**Stepparents**

See books listed in Chapter 21, 184

**Swearing and cursing**

Set a good example, 31-32  
Limit exposure to aggressive models, 31-150  
Rewarding the alternative behavior, 28-29  
Time-out, 35-44, 61-65  
Behavior penalty, 54-56  
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**Tantrums**

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    See if child rebels during time-out, 102-110  
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**Tattling**

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Scolding and disapproval, 49-50

**Teasing — intentionally provoking others**

Scolding and disapproval, 49-50  
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Logical consequence, 53-54  
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Time-out for two, 133-136

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See books listed in Chapter 21, 184

**Teeth brushing**

Rewarding the good behavior, 6-9, 25, 28-29  
Point-rewards and tokens, 121-128  
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**Television and arguing between children**

Timing-out the object, 137-142

**Threats to hurt others or damage property**

Scolding and disapproval, 49-50

Time-out, 35-44, 61-65

Limit exposure to aggressive models, 31-150

Behavior penalty, 54-56

For serious aggressive behavior, 143-150

Rewarding the alternative behavior, 28-29

**Time-out resistance and rebelliousness**

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**Truancy**

Children expressing feelings, 151-157

Working with the teacher, 150, 169-173, 178

Negotiating a parent-child contract, 128-132

Rewarding the alternative behavior, 28-29

Behavior penalty, 54-56

Getting professional help, 185-189

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**Whining**

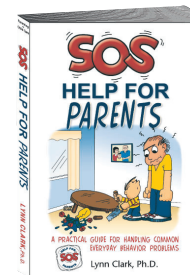
Practicing the good behavior, 29

Accidentally rewarding the misbehavior, 9-11

Active ignoring, 26-28

Point-rewards and tokens, 121-128

Rewarding the alternative behavior, 28-29



This *Menu Of Interventions* lists more than 46 problem behaviors and over 23 SOS methods for handling and improving these behaviors.

**Mental health professionals have told me that they find this *Menu Of Interventions* especially useful when developing intervention plans for children. Mental health professionals often take the SOS book with this Menu to client staffings.**

The interventions come from behavior therapy and are research based and clinically tested.