



SOS Child Management Methods And Skills

Presented In The DVD Video SOS Help For Parents Program

Basic Child Rearing Rules and Errors

What can you do to help your child improve his or her behavior? Follow three basic child rearing rules and avoid four errors. These rules and errors are discussed in Chapter 1 of SOS Help For Parents.

Three Child Rearing Rules – Parents' Check List



- Rule #1.** Reward good behavior (and do it quickly and often).
- Rule #2.** Don't "accidentally" reward bad behavior.
- Rule #3.** Correct some bad behavior (but use mild correction only).



**A DVD Video – Discussion
Parent Education & Counseling Program**

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"Accidentally" Causing Behavior Problems

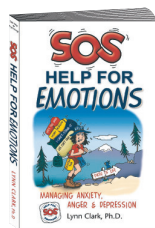
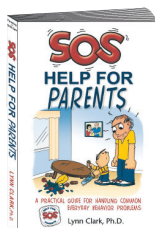
Four Child Rearing Errors To Avoid



- Error #1.** Parents fail to reward good behavior.
- Error #2.** Parents "accidentally" correct good behavior.
- Error #3.** Parents "accidentally" reward bad behavior.
- Error #4.** Parents fail to correct bad behavior (when mild correction is indicated).

This study sheet is based on: The DVD Video SOS Help For Parents, El DVD Video SOS Ayuda Para Padres, and the books SOS Help For Parents and SOS Ayuda Para Padres. SOS Programs & Parents Press, PO Box 2180, Bowling Green, KY 42103. Read chapters at www.sosprograms.com

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"That's great! You're learning to tie your own shoes!"

It's important to reward your child's good behavior. Rewarding good behavior is the easiest and best way to improve behavior. What rewards should parents use? Rewards that motivate children are social rewards, activity rewards, and material rewards.

Social rewards are the most important! When you use material rewards use only small ones.

Rewards Children Like

| Social Rewards | Activity Rewards Including Privileges | Material Rewards |
|----------------|---------------------------------------|------------------|
| Smiles | Play cards with mother | Item at grocery |
| Hugs | Go to park | Ball |
| Pats | Look at book with father | Book |
| Attention | Help Bake cookies | Money |
| Touching | Watch a late TV movie | Jump rope |
| Clap hands | Have a friend over | Yo-yo |
| Winks | Play ball with father | Flashlight |
| Praise | Play a game together | Special dessert |
| "Good Job" | Go out for Pizza together | CD |
| "Well done" | Play at playground | Item at grocery |

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How To Give Effective Instructions And Commands To Your Child

All parents must be able to give clear, effective instructions and commands on occasion. They must also be able to "back up" their commands. A command is a request to immediately start or stop a behavior.

When are commands given? Give your child a command when you want him to stop a specific misbehavior and you believe that he might disobey a simple request to stop the misbehavior. Also, give a command when you want your child to start a simple behavior and you believe that your child might disobey a simple request to start the behavior.

How should you give a command? Follow the guidelines listed below:

Giving Effective Commands To Your Child

Parents Check List

_____ Steps To Follow:

- _____ 1. Move close to your child.
- _____ 2. Have a stern facial expression.
- _____ 3. Say his or her name.
- _____ 4. Get and *maintain* eye contact.
- _____ 5. Use a firm tone of voice.
- _____ 6. Give a direct, simple, and clear command.
- _____ 7. "Back up" your command if necessary.



The DVD Video SOS Help For Parents kit

There are additional components

**View Video Clips in English & Spanish
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This study sheet is an essential part of the "DVD Video SOS Help For Parents" educational program for parent counseling and parent education. See video clips and learn more about this behavior management program at www.sosprograms.com

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Using Grandma's Rule – Examples for parents

After you:

1. complete your math homework
2. wash the supper dishes
3. straighten your room
4. take a nap
5. eat your vegetables
6. practice the piano for 20 minutes

then you get to:

1. watch television
2. go out and play ball
3. play computer games
4. go swimming
5. eat dessert
6. visit a friend

Methods Of Mild Correction – Comparison For Parents

| Method of Mild Correction | Age of Child | Effectiveness of Correction | Type of Behaviors Corrected | How Quickly Applied |
|--|---------------------------|-----------------------------|---|--------------------------|
| Time – Out | Two through twelve | Extremely effective | Most behavior, especially hard-to-handle behavior | Immediately, if possible |
| Scolding and Disapproval | All Ages | Moderately effective | All Behavior | Immediately or later |
| Natural Consequences | All Ages | Effective | Some Behavior | Immediately or later |
| Logical Consequences | Three through Adolescence | Effective | Most Behavior | Immediately or later |
| Behavior Penalty for example, "No TV for rest of the day." or "No bike riding for rest of the day." | Five through Adolescence | Effective | All Behavior | Immediately or later |