



SOS Child Management Methods And Skills

Technical Behavioral Description of SOS Help For Parents Program

Also see the download, "Map Of SOS Help For Parents Interventions." Copyright © by Lynn Clark.

Basic Child Rearing Rules and Errors (Behavior Management Rules and Errors)

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

Three Child Rearing Rules (Behavior Management Rules)

- Rule #1.** Reward good behavior (Positive reinforcement of appropriate behavior)
Do apply three positive reinforcers, at lower right.
- Rule #2.** Don't "accidentally" reward bad behavior. (Extinction of inappropriate behavior) Do withhold the three positive reinforcers, at lower right, following the inappropriate behavior.
- Rule #3.** Correct some bad behavior (Correction punishment of inappropriate behavior) Do apply five mild corrections, following inappropriate behavior.
See next page.

"Accidentally" Causing Behavior Problems (Behavior Management Errors)

- Error #1.** Parents fail to reward good behavior. (Extinction of appropriate behavior)
Error - Withholding three positive reinforcers, lower right
- Error #2.** Parents "accidentally" correct good behavior. (Correction - punishment of appropriate behavior) Error - Applying five mild corrections, see next page
- Error #3.** Parents "accidentally" reward bad behavior. (Positive reinforcement of inappropriate behavior) Error Applying three positive reinforcers, lower right
- Error #4.** Parents fail to correct bad behavior (Failure to correct - punish inappropriate behavior)
Error - Failure to apply five mild corrections, see next page



A DVD Video – Discussion
Behavior Management Program

See SOS Video Clips in English & Spanish
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Rewards Children Like



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

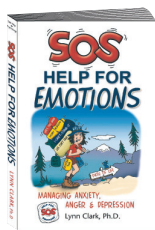
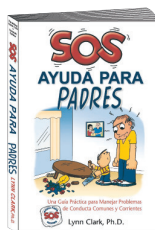
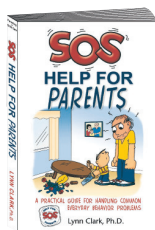
It's important to reward your child's good behavior. Rewarding good behavior is the easiest and best way to improve behavior. What rewards should parents use? Rewards that motivate children are social rewards, activity rewards, and material rewards.

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

(Positive Reinforcers: Three Sets)

Rewards Children Like

Social Rewards	Activity Rewards	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



How To Give Effective Instructions And Commands To Your Child

(Rex Forehand research)

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
at www.sosprograms.com**

This study sheet is an essential part of the "DVD Video SOS Help For Parents" educational program for behavior management, 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 – (Premack Principle)

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 – (Mild corrections - mild punishments)

Method of Mild Correction (Mild Punishment)	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 (Adlerian) 	All Ages	Effective	Some Behavior	Immediately or later
Logical Consequences (Adlerian) 	Three through Adolescence	Effective	Most Behavior	Immediately or later
Behavior Penalty (Response Cost) 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