



Parenting Children with Challenging Behaviors

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Introduction

Who We Are

Purpose of Workshop: Discuss parenting strategies to help manage challenging behaviors. Includes an overview of some effective parenting strategies and how these strategies may need to be modified to be more effective for children and teens with challenging behaviors such as ADHD, mental health concerns and executive functioning issues.

Who You Are: Your Name and Ages of your Children

Index Card: A Challenging Experience or Behavioral Issue with Your Child

Ice Breaker

What is the Purpose of Parenting?

To protect and prepare children and teens to survive and thrive in society*

Key Concepts of 'Active Parenting':

- Styles of parenting
- Offering encouragement and avoiding discouragement
- Punishment vs. Discipline
- Managing anger (parent and child)

*Active Parenting of Teens by Michael H. Popkin

Styles of Parenting (From Active Parenting)

Autocratic or Dictator: limits with no freedom



- Can lead to power struggles and rebellion

Permissive or Doormat: freedom no limits

Doormat



- Teen doesn't learn self-discipline, may become spoiled and out of control

Authoritative or Active Parent

Freedom Within Limits

- Parenting is proactive
- Parents provide support and discipline
- Teen is included in problem solving
- Parents are respectful, firm and calm
- Logical consequences, not angry responses

Active Parent



Key Concepts of Active Parenting

Offering Encouragement: Avoid 'Discouraging'

- Focus on strengths
- Show confidence
- Stimulate independence
- Value who they are
- Helps teens to have the confidence to take positive risks, manage failure, be resilient
- Effective communication (Active Listening)
- When teens are 'discouraged' - it's easy for them to give up or turn to negative behavior

Punishment vs. Discipline

Punishment involves hurting or causing pain in some way

- Examples: scolding, lecturing, shaming, hitting , slapping, taking something away that has **nothing to do with the misbehavior**, withdrawing affection

Discipline means 'to teach'

- Example: natural and logical consequences

Natural and Logical Consequences

Natural Consequences occur naturally without parent doing anything

Example: don't study for a test, get a bad grade

- Very effective but can't always rely on natural consequences - too far in the future, too dangerous, doesn't matter to teen

Logical Consequences is when discipline is enforced by the parent and **logically** connected to the misbehavior

Example: teen doesn't bring dish in from den, teen loses privilege of eating in the den

Managing Parental Anger

- Anger is an emotion that tells you that something is wrong and you need take positive action
- If ignored more problems can occur
- Positive ways to manage anger:
 - Try to change the situation causing anger
 - Keep it under your own control - self-calming strategies
 - Change or modify your goal - 'choose your battles'

Helping Your Child Manage Anger

- ◆ Model positive ways to manage anger
- ◆ Help them find acceptable ways to express anger
- ◆ Avoid power struggles

Simple Solutions

1. Change in schedule
2. Too much language (too much or too loud too fast)
3. Provide choices

Reinforcing Positive Behaviors

<https://www.youtube.com/watch?v=JA96Fba-WHk>

Behavior 101- Analyzing the situation

1. What occurred before the behavior? Antecedent
2. What was the behavior? Behavior
3. What occurred after the behavior? Consequence

The A, B, Cs of Behavior Management

- “**Antecedents:** Preceding factors that make a behavior more or less likely to occur. Another, more familiar term for this is triggers. Learning and anticipating antecedents is an extremely helpful tool in preventing misbehavior.
- **Behaviors:** The specific actions you are trying to encourage or discourage.
- **Consequences:** The results that naturally or logically follow a behavior. Consequences — positive or negative — affect the likelihood of a behavior recurring. And the more immediate the consequence, the more powerful it is.”

Questions or Comments?

