



How to Get Your Child to Want to be Good (ages 2 – 10)

The most important thing you can do to increase positive behavior in your child is to create closeness and warmth in your relationship. When children act up or misbehave it is hard to feel close and warm! Here are some tips that have been shown to work:

One on One Special Play Time Younger Children (2 to 10 years old)



Set aside 5 - 10 minutes every day to play:

1. Pick something your child enjoys, that you can do together: *Legos, blocks, dolls, cars/trucks, art, video games, cooking, and non-competitive games. Avoid TV, video games that don't involve interacting or games that are aggressive or highly competitive.*
2. Just one parent and one child: *Make a plan so that the other children have something else to do during special play time.*
3. Never use special play time as a reward or consequence. *One on one time is even MORE important on days with problems.*
4. Ignore minor misbehavior. *Unless the child is doing something dangerous, just ignore. Look away, play on your own, then return your attention and comment/praise on the NEXT appropriate behavior the child shows.*
5. Things to try during One on one special play time:
 - Describe appropriate behavior such as: *"You're making a huge tower"*.
 - Give specific Praise such as: *"You make that car go super fast". "I like playing with you"*.
 - Imitate appropriate behavior such as: *Parent builds/draws something like what the child is building/drawing.*
6. Things NOT to do during one on one special play time:
 - Avoid being critical such as: *"Put them in this way"; "You should have picked up the Lego's first"*.
 - Avoid words like NO – DON'T – STOP – QUIT.
 - Avoid asking Questions.
 - Avoid giving Commands.

These interrupt the play and decrease the fun. Save these things for other times during the day!



**One on One Time
Plan for this week**

Activities I will try:
Specific time and place:
Any reminders or support I will use:
Possible challenges or obstacles & how I will overcome:

Track how it went!

Date						
Did I do it?						
How did it go?						