

Using Planned Ignoring and Attending

*Attending

1. Always attend to the behavior that you want to increase.
2. Be specific when using praise so that the child knows the positive behavior she or he did.
3. Make eye contact and smile when attending to a behavior.
4. Use a pleasant voice when attending to a behavior.

* Planned Ignoring

1. Never ignore a dangerous behavior (i.e., possibility of an injury or other serious complication).
2. Ignore the same behavior consistently.
3. To ignore the behavior, actively avoid eye contact and turn away from the child.
4. The behavior may initially get worse, which is common.
5. Remember why you are ignoring, so that you won't feel guilty and stop prematurely.

Resource: Kolko, D. & Cupit Swenson, C.
CBT+