

Ph: (0478) 763 163 www.approach-psychology.com.au

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Information Sheet - Parenting Series

Encouraging Positive Behaviour

Write down some behaviours that you more of:				
TIPS: These behaviours should be the positive	opposite of the behaviours you are finding			
challenging. They should be written positively gentle hands"; "Do what we ask".	(i.e., what to do, not what not to do) e.g., "I			
Types of Rewards				
Descriptive praise	Physical affection			
(say what behaviour you liked)				
Real rewards	Special time			
	The state of the s			

Remember to keep the rewards varied and use attachment rich interactions when delivering the rewards (i.e., show emotion, love, excitement, engagement).

~~~ Rewards should be consistent and unpredictable ~~~



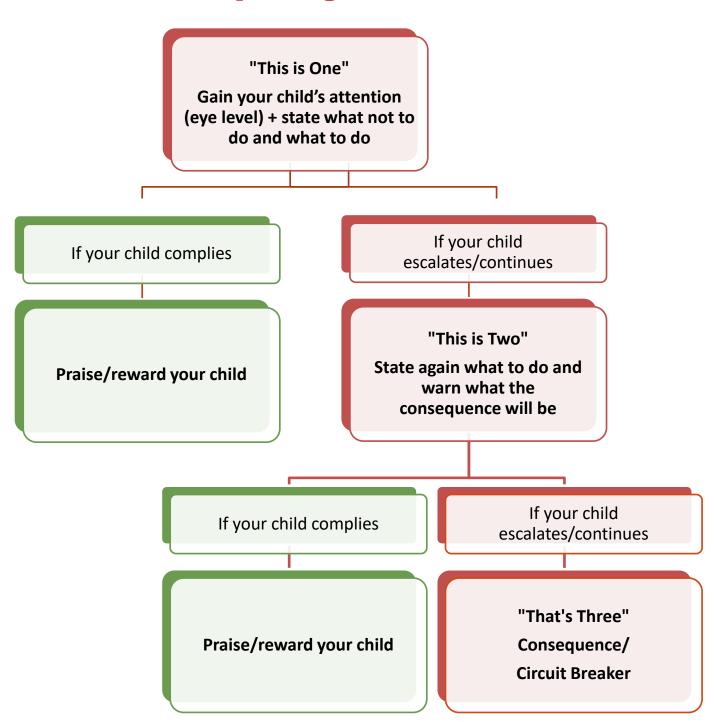


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## **Responding to Misbehaviour**





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## Information Sheet - Parenting Series

# **Daily Response Checker**

|                                                            |     | Example | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------------------------------------------------------|-----|---------|-------|-------|-------|-------|-------|-------|-------|
| Percentage Time Spent Responding to Positive Behaviour (%) | 100 |         |       |       |       |       |       |       |       |
|                                                            | 90  |         |       |       |       |       |       |       |       |
|                                                            | 80  |         |       |       |       |       |       |       |       |
|                                                            | 70  |         |       |       |       |       |       |       |       |
|                                                            | 60  |         |       |       |       |       |       |       |       |
|                                                            | 50  |         |       |       |       |       |       |       |       |
|                                                            | 40  |         |       |       |       |       |       |       |       |
|                                                            | 30  |         |       |       |       |       |       |       |       |
|                                                            | 20  |         |       |       |       |       |       |       |       |
|                                                            | 10  |         |       |       |       |       |       |       |       |