



**Five Surefire Ways To
Keep The Peace At
Home.**

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Step 1: Reverse the Negative to Positive Ratio

Why “Going Negative” is Attractive

- ❖ Feels So Good
- ❖ So Much Easier
- ❖ Let Sleeping Dogs Lie
- ❖ Bad Behavior Demands Attention
- ❖ Your Kids Have You Trained

Going Positive

- ❖ Ignore Annoying
- ❖ 10:1 Praise to Criticize
- ❖ Focus on the Right Stuff



Praising

- ❖ Specific
- ❖ Immediate
- ❖ Genuine
- ❖ Directional



Step 2: Prepare in Advance

1

- Anticipate Challenging Behavior

2

- Set up Guidelines

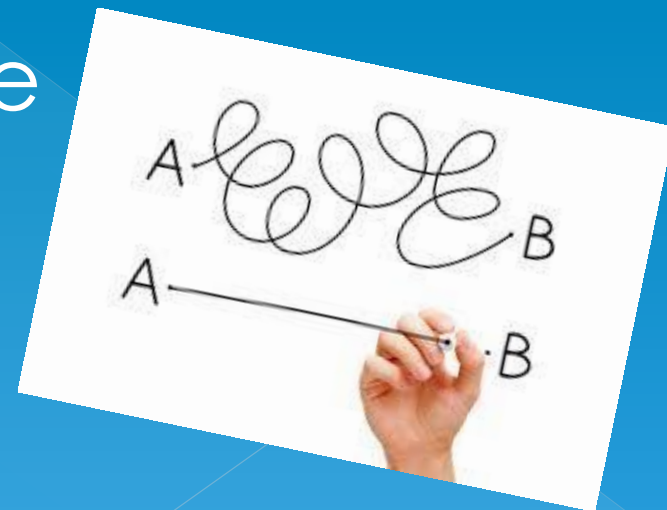
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- Role Play

Step 3: Say What You Mean. Mean What You Say.

❖ Make Sure You:

- > You Have Their Attention
- > Are Clear
- > Praise or Consequence



Parent Traps

-Ineffective Directives

- ❖ String
- ❖ Repeated
- ❖ Interrupted
- ❖ Vague
- ❖ Question
- ❖ Let' s
- ❖ Psycho-twisters



Step 4: Use Time Out to Your Advantage

- ❖ Remain Calm
- ❖ Suggest an Alternative
- ❖ The 30 Second Rule
- ❖ Clock Starts at Calm
- ❖ Mum's the word
- ❖ The Goal is Change



Step 5: Know Yourself

1

- Know Your Buttons

2

- Plan Ahead

3

- No Pebble Counting

Questions?





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