

# CHART OF PARENTING INTERVENTIONS BY MISTAKEN GOAL: UNDUE ATTENTION

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<b>Undue Attention</b>	<p>Acknowledge the child and the expectations of the situation.</p> <p>Do the unexpected</p> <p>Teach belonging skills</p> <p>Distract the child</p> <p>Minimize attention</p> <p>Prevention</p> <p><b>Add your ideas here:</b></p>	<p>“I love you and ____.” (Example: I care about you and will spend time with you later.)</p> <p>Redirect by assigning a chore so child can gain useful attention.</p> <p>Use secret signal (non-verbal).</p> <p>Use an “I message.”</p> <p>Stand close by.</p> <p>Write down what you want to say, rather than giving a verbal message.</p> <p>Use encouragement to fill your child’s emotional tank.</p> <p>Touch with out words.</p> <p>Turn out the lights.</p> <p>Lower your voice.</p> <p>Change your voice.</p> <p>Talk to the wall.</p> <p>Cease talking temporarily.</p> <p>Use humor (eg. Pretend to interview child for a radio show, assume the role of a character from a story)</p> <p>Use family meetings.</p> <p>Teach how to take turns.</p> <p>Teach problem solving.</p> <p>Set up routines.</p> <p>Involve in contributing to the family</p> <p>Ask a favor.</p> <p>Give choices.</p> <p>Change the activity.</p> <p>Ask a direct question.</p> <p>Avoid special service.</p> <p>Ignore.</p> <p>Acknowledge your child quietly at times when there is no misbehavior.</p> <p>Create a special “welcoming home from school” routine</p> <p>Notice small things about your children.</p> <p>Show curiosity in what your children are doing.</p> <p>Spend special time with one child and schedule it at least once a week.</p> <p>Send a special, individualized love-note in the mail to each of your children.</p> <p><b>Add your ideas here:</b></p>
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