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STEPS TO AWESOME *Behavior in Children*




I'm Erin, a Life Transformation coach for women.

About 7 years ago, I was a single mom with two boys under age 4, one a bit strong-willed. As a school counselor and former parent educator, I just couldn't understand why I couldn't get my own chaotic life under control. It took a long time, a lot of trial and error, and the help of a life coach for me to finally feel that things were happening the way they were supposed to.

Life doesn't have to be crazy and chaotic, it's okay to ask for help!



*Love,
Erin*



We all know there are things that we wish were
different when it comes to the behavior of our
children!

Getting them from where they are NOW to where
we would like them to be...not easy!

STEP 1: IDENTIFY TARGET BEHAVIORS

STEP 2: IDENTIFY MOTIVATORS

STEP 3: IDENTIFY CHARACTER TRAITS

STEP 4: DOCUMENT AND ACKNOWLEDGE



Step 1: Identify Target Behaviors

Write down any behaviors that you would like to see STOP, as well as behaviors that would take their place:

Behaviors to STOP:



Behaviors to REPLACE them with:



Write down any behaviors that you would like to see START - make sure to add the "replacement" behaviors from above:



Step 2: Identify Motivators

Write down as many things that you can think of that are important to your child. This could include things like compliments, spending time with you, listening to specific music, electronics, art, sports, etc.



Step 3: Identify Character Traits

Write down the character traits you would like to see in your child. These could include things such as honesty, kindness, compassion, responsibility, etc.



Step 4: Document & Acknowledge

Put the "Start" behaviors in a prominent place and let your child know that you're going to be looking for more of these behaviors.

You might think that your child is "Always" engaging in the negative behaviors - but that's because those behaviors get your attention and are usually pretty obvious.

When they're not engaging in the negative behaviors, you might not be noticing.

Now is the time to begin looking for the GOOD behavior. If you cannot find the replacement behaviors yet, then look for times they're NOT engaging in the negative behaviors - in other words the absence of the negative behaviors.

ACKNOWLEDGE, ACKNOWLEDGE, ACKNOWLEDGE and then use the "Motivators" as encouragement. We're not "bribing" them to behave, but we are creating motivation for them to make BETTER CHOICES.



Here are some examples of how this might work - the motivators are in green, character traits in red:

- ✿ I noticed you've been kind to your brother for the last 5 minutes (I'm trying to be realistic!) - that **shows kindness** and I would like to **play a game with you for a few**.
- ✿ I noticed you picked up your socks, that **shows responsibility** - I'm going to give you **15 more minutes of TV time tonight**.
- ✿ I noticed that you played quietly while I was working, that **shows patience** - now let's go **play soccer together**.
- ✿ I noticed that you ignored your brother when he was teasing you, that must have been difficult. That **shows tolerance**, let's go **get an ice cream**.



Sometimes, no matter how hard you try, you might not see the START behavior that you're looking for. If this is the case, then you need to hold them accountable for the lack of those behaviors.

For example, you want your child to start doing his own dishes after he eats, without being asked.

1. Communicate your wishes.
2. If the rule is not followed, give an IMMEDIATE consequence (you didn't do your dishes like I asked, now you need to do all of the dishes in the sink).

FOLLOW THROUGH


PLAY OFTEN

STOP AND LISTEN TO THEM

LET THE LITTLE THINGS GO

STAY CONSISTENT!

ALWAYS LOOK FOR THE GOOD!



If there's one message I can get across through this workbook, it's to look for the POSITIVE, always. Believe me, I know that it's not always easy, but I can promise you that it IS there. You just have to know how to see it.

For more information on getting "unstuck" and creating a life that you can feel excited about, check out my 12-week Stepping Stones program by clicking HERE or go to:

<https://www.gravitylifecoaching.com/programs>

Keep moving forward...keep telling yourself you can. It's okay to invest in and take time for yourself. You are worth it!

