

# Challenging Behaviour Workshop

## Session 3

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achieving  
for children



Are you OK  
Kingston?



Are you OK  
Richmond?



## Session 3: To increase compliance with clear commands

- ❑ Giving instructions can be a trigger for misbehaviour
- ❑ Remember the ABC chart from session 1, if you have been filling this out, you may have noticed some triggers for your own child
- ❑ Instructions are usually given in stressful parts of the day
- ❑ Next, we will discuss the different types of ineffective instructions that we do all the time as they seem normal and then afterwards I will explain some more effective strategies



# Ineffective Instructions

- Chain Instructions
- Question Instructions
- Vague Instructions
- Let's...instructions
- Instructions plus rationale
- Repeated Instructions
- Unnecessary Instructions
- Poor body language



# Effective Instructions!

- Ahead of Time
- Prevention is better than cure
- Ensure the child is listening
- Simple, clear and brief
- Polite
- Ask them to do something
- Give them space to comply
- Following through is important
- Longer tasks broken down and praised in stages



## Example

Approach child, kneel down and look them in the eye:

‘Tom, look at me, I need you to turn off the TV and bring your homework to the dining table now, please’

**Wait 5 seconds..**

- If he has complied: Praise
- If he has begun to not comply: Repeat Instruction

**Wait 5 seconds..**

- If he continues to comply: Praise
- If he hasn't complied again, respond as you usually would (next session consequences will be introduced)



# Clear, calm Commands

## Before Giving Commands:

- Decide whether it is appropriate and realistic
- Only give if you are willing to see it through

## When Giving Commands:

- Make them simple and direct
- Get their attention first
- Use a firm voice- what to do, not what not to do
- E.g “talk quietly” rather than “stop shouting”
- One command at a time
- Give them a chance to comply (5-10 seconds)
  
- Don't forget to positively reinforce compliance with a lot of praise



# Practice

- Carefully select instructions to give this week and don't forget to praise
- Praise yourself for your hard work and consistency
- Use reward chart for compliance if you are using one
- Don't worry if they aren't complying (next week is consequences)



## What to expect now:

- Your practitioner will have emailed you with the date and time of the Google Hangouts meeting, and information about how to join this online meeting.
- The Google Hangouts meetings are not compulsory to attend, but are available if you have any questions from this video or would like to discuss anything in more detail with a practitioner.
- Next session = ‘: To promote boundaries and create clear expectations with family rules and time-out for extreme behaviour’  
*(This session video will be sent out after the Google Hangouts meeting has occurred).*







**With thanks to Dr Matt Woolgar, Caroline Bengo and Sara Dawson from KCL for your resources from the Challenging Behaviour Manual**

