Challenging Behaviour Workshop

Session 3

HATTIE BRADY (EDUCATION WELLBEING PRACTITIONER)

MENTAL HEALTH SUPPORT TEAM (MHST) **Emotional Health Service Achieving for Children 42 York Street London TW1 3BW**











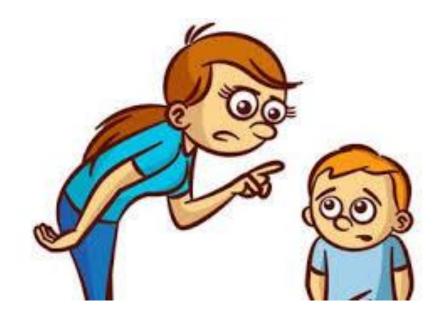
Session 3: To increase compliance with clear commands

- ☐ 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





☐ Ahead of Time

Effective Instructions!

- ☐ 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 tem 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

