

OPPOSITION AND DEFIANCE

STEP 1

AS SOON AS you notice your child becoming oppositional...

NOTICE:

"I noticed you're having a feeling. Which one is it Mad, Sad, Glad, Scared, or Ashamed?"

LEAD:

Lead them in an IFAB sentence:
I feel _____ about _____ because _____.

EMPATHIZE

STEP 2

ASK A QUESTION:

"What is it that I want you to do?"

"Where are you supposed to be?"

"How are you supposed to answer?"

"How do you get my attention correctly?"

"Where are you supposed to walk?"

STEP 3

BRAIN-SHIFTER:

Have your child do one of the following brain-shifters:

- 5 Jumping Jacks
- 5 Toe-to-the-Skys
- 2 Hall Laps
- 4 Nose Touches
- 4 Pencil Jumps (Bunny Hops)
- 3 Spin Arouds

Once completed repeat one of the questions in Step 2.

STEP 4

WAIT THEM OUT:

"It's ok sweetie. I want you to sit here and rest until your ready."

RESTING:

Your child should sit on the floor near you quietly and rest until they are ready to do the thing you asked them to do. Periodically ask, "Are you ready?" Wait them out until they are ready to comply. Once they are ready, have them complete your request then move on.

STEP 5

REST IN ROOM:

If your child exhibits out of control behavior, it's time for them to rest in their room.

NOTICE:

"I notice that you're having trouble resting quietly, follow me."

ESCORT your child to their room. From the other side of the door...

STATE, "I'll know you're ready when your quiet and still."

RETURN your child to previous activity when they are compliant.