

# REPLACING NONCOMPLIANCE WITH COMPLIANCE AND COOPERATION

CHILD'S NAME: \_\_\_\_\_

## INSTRUCTIONS FOR THE PARENTS

Negative, inappropriate behavior needs to be replaced with positive, appropriate actions if the child is to learn new methods of coping with daily problems and challenges. It doesn't work well to tell the child what not to do without describing and modeling an alternative and more acceptable behavior. It is far more effective to tell the child what to do and by indicating what behavior is approved and is consistent with the family rules.

Telling a child not to eat dessert before dinner simply calls the child's attention to the very behavior we are hoping to discourage, while telling the child that dessert may be eaten after dinner plants an image of appropriate behavior in the child's mind. Three effective steps toward eliminating a negative behavior are:

- Name the inappropriate behavior.
- Clearly indicate that the behavior is unacceptable.
- Describe, model, and teach a new, appropriate behavior.

Begin by specifically identifying all the negative behaviors that you would like to see eliminated from your child's repertoire. Give each behavior a short, specific name that you can use when addressing the behavior with your child (e.g., swearing, biting, kicking, taunting, curfew violation, neglected chores, stealing, or threatening). Next, prioritize the behaviors sequentially in the order of their disturbing nature and the disruption they cause to the child and the family. Then brainstorm with your child a list of alternative positive behaviors that can be substituted for each negative action. Some examples follow:

### Problematic Behavior Listed in Order of Severity:

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### Positive Actions to Acquire:

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### Negative Actions to Eliminate:

Swearing

Curfew violation

Neglected chores

Property destruction

Aggressive behavior

Threatening actions

### Positive Actions to Acquire:

Use approved vocabulary only

Come home on time

Complete chores by deadline

Respect other's property

Verbally express frustration

Use conflict resolution skills

Choose one problematic behavior and follow the steps to extinguish the behavior.

*Example:*

1. Name the behavior: *Swearing*
2. Describe why the behavior is unacceptable: *Swearing is vulgar and socially unacceptable. It is against our family rules and the rules at school and church.*
3. Describe the acceptable, alternative behavior: *Develop a vocabulary of feeling words and phrases that expresses anger and frustration without vulgarity.*

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1. Name the behavior: \_\_\_\_\_.
2. Describe why the behavior is unacceptable: \_\_\_\_\_  
\_\_\_\_\_
3. Describe the acceptable, alternative behavior: \_\_\_\_\_  
\_\_\_\_\_

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\_\_\_\_\_
3. Describe the acceptable, alternative behavior: \_\_\_\_\_  
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2. Describe why the behavior is unacceptable: \_\_\_\_\_  
\_\_\_\_\_
3. Describe the acceptable, alternative behavior: \_\_\_\_\_  
\_\_\_\_\_

Remember to encourage the child whenever appropriate behavior is noted, and affirm how much the behavior is appreciated and how it contributes to the overall family harmony.