

•“Joy in the Journey” *Introduction to:  
Redirecting Children’s Behavior*  
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•“Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents...parents have very little time for each other, and in the home begins the disruption of the peace of the world.” *Mother Teresa of Calcutta*

•Agenda

Results of punishment

Children’s emotional needs

Definition of misbehavior

Children’s mistaken goals

Parents’ emotions

Paradigm shifts

Tools for preventing misbehavior

•What are the results of punishment?

§Feeling hurt

§Wanting to go away (retreat)

§Seeking revenge

§Being rebellious

§Low self-esteem

§Being resentful

§Feeling fearful

§Lying

§Blaming others

§Over-pleasing

•Children’s basic emotional needs

©Feel loved & give love

©To belong; feel as though they  
“have a place”

©To be special

©Feel powerful & valuable

©To experiment & explore

•Four goals of misbehavior:

•(Inappropriate) Attention

•Power

•Revenge

•Inadequacy (Avoidance)

•Parents’ mistaken (emotions)

reactions:

•**Attention** – “Would you knock it  
off?!” Annoyed; irritated

•**Power** – “You can’t get away with  
that!” Provoked; challenged; angry

•**Revenge** – “How could you do this  
to me?” Hurt; retaliation reflex

•**Inadequacy** – “What can I do?”

Despair; pity; hopeless; need to coax

• Misbehavior vs “mess” Reflection  
time... What made the difference in  
your reaction? Unconditional Love

•Paradigm shifting

Let’s work to *understand* each  
other’s points of view (rather than  
shame one another) from our unique  
perspectives.

•Self-Care Techniques

As airplane passengers, we often  
hear: “*Please put on your oxygen  
mask before attempting to help  
others.*” How could this impact our  
parenting?

•Five Tools for

Preventing Misbehavior

1.Reduce compliance statements

2.Give choices

3.Ask for the behavior you want

4.Recognize & Use GEMs

5.Help make your child feel

Powerful & Valuable

•Reduce compliance statements

© Create a checklist

© Teach routine

© (Kindly) ask:

§Do you know what you need to do now?

⊙ Age appropriate:

§Let the child be responsible for completion. (This requires agreements.)

Give CHOICES

•Concrete:

-*"Would you like peas or carrots?"*

•With Incentives:

-*"If you choose to come to bed now, we can read 3 books tonight!"*

•Playful:

-*"Do you want to hop like a bunny or slither like a snake to the bathtub?"*

•With Consequences:

-*"If you bang your truck on the table, I will need to take it."*

-*"You may put your seatbelt on, or I will help you."*

•ASK for the behavior you want (Kindly, with positive language...)

*"You may continue to eat, but food stays on the table."*

*"You can stay on the couch to watch the video, but we sit on our bottoms there."*

•Recognize & Use Genuine Encounter Moments (GEMs)

1. Get on the child's eye level

2. Make eye contact

3. Touch

4. Give 100% focused attention. *For example, don't be thinking about what you are going to cook for dinner; what's happened at work*

5. Give a "heart" response instead of a "head" response:

*"Wow, you look very excited about that butterfly. Tell me more."*

•Useful ways to make your child feel Powerful & Valuable

(May require pre-planning)

♪ Allow them ways to help

Water the plants, grocery shop, sort laundry, let the table, bake/cook, etc.

♪ Share your feelings with child

*"I'm sad. Can I have a hug?"*

♪ Ask for their advice

*"Which pair of shoes should I wear today?" "Which gift bag should we put the gifts into? (This works on adults, too...)"*

•Dethronement

The first child feels he has lost his place in the family and is shopping

for a new way to belong. There are many ways he could *regain our attention* in this situation:

-Become helpful

-Regress and become a baby again

-Become hurtful and seek revenge on Baby, since Baby is getting our attention

•Dethronement resolution

Help older children by:

-Giving them opportunities to help with Baby

-Offering them Genuine Encounter Moments

-Allowing them to express **both positive and negative** feelings about the baby

•Remedies when misbehavior occurs...Self-quieting time

♥ Establish routine during a calm time

♥ Agree on a designated place

♥ Create a box/bag with special items child can have while alone

*"World peace begins at home."*

*~Kathryn Kvols,*

[www.incaf.org](http://www.incaf.org)