

Reference—The Steps to Intensive Teaching

1. Express empathy
2. Describe the child's negative behavior
3. Give a small instruction
4. Praise for any compliance or positive behaviors

(Repeat steps 1-4 as necessary, until your child is calm enough to accept a consequence for their behavior.)

Follow-up Steps to Intensive Teaching

When your child is calm...

5. Continue to use praise and empathy
6. Thank the child for calming down
7. Move to Corrective Teaching to deliver a consequence for the child's intensive behavior.
8. Deliver a large consequence for the intensive behaviors and large positive correction for calming down or role playing positive behaviors.
9. Allow the child time to express feelings appropriately about the situation after they have accepted the consequence.
10. Don't forget to follow-through with the original consequences that the child earned before becoming intensive.

To Avoid Power Struggles...

1. Discuss the child's behavior, not the issue or situation that started the power struggle.
2. Ignore the child's "baiting."
3. Give only 1 or 2 consequences. Don't keep piling them on.
4. Praise any good behavior.
5. Monitor your own behavior.
6. Remove the audience.
7. Explain how the child can resolve the situation.