

Planned Ignoring:

Age: Any

Setting: When your child is misbehaving to gain your attention.

Purpose: To show your child that you will only pay attention to them when they are acting appropriately.

Checklist:

1. Remove hazardous items, if applicable
2. Non-aggressive misbehavior This technique is for behaviors that are not a danger to the self or others and that are attention seeking The desired reinforcer for the behavior must be attention for this to work correctly
3. Verbalize: “You will receive attention after X behavior ends” Use neutral tone of voice and neutral facial expression Non-neutral voice or face could be the reinforcer the child has been seeking
4. Advise others present to ignore child’s behavior If others pay attention to the behavior the child will receive the reinforcer they were seeking, and the technique will not work
5. Turn head/body away from child (45-degree angle) This shows the child that you are no longer engaging with them, but still allows you to keep an eye on them to make sure they are being safe
6. Continue own activity/start new This shows further disengagement from your child and shows commitment to ignoring their misbehavior
7. Do not argue or engage with child Arguing or engaging with them could provide them the attention they are seeking for the behavior. It may be tempting to explain to them why what they are doing is inappropriate, but it is best to save it for when they are behaving appropriately
8. Ignore until misbehavior stops for 10 seconds This is to ensure that the behavior has truly stopped
9. (After 10 seconds), praise appropriate behavior Specifically praise what they are doing now that is appropriate (Ex: “Good job sitting quietly!”)
10. <u>Steps 10 -12 if applicable</u> - advise child to clean mess if they made one during misbehavior
11. Physically guide child if they refuse to clean
12. Praise appropriate behavior during/after clean-up