

## Steps To Deal With Bad Behaviors

Pretend you're a professional. You see a problem and need try to fix it. You must come up with a plan and move towards it.

Remember they have a problem. They may also have childhood traumas. Realize you may not be able to make all the changes that you want. You may just have to live with some of them, but you must try.

I recently heard of a father who gave up arguing with his son for "Lent." The boy may not necessarily be doing better, but the father is. The entire household is calmer. Hopefully, by the time Lent is over, the father will recognize the value of his new parenting strategy. Actually, there is a better chance through calm, patience, not blaming and shaming, there will be changes in the boy's behaviors and attitudes.

Stop saying to them, (don't even think it in your head,) all you do is ".....," or "you will never change," or any other negative affirmation. Let go of the past and focus on the outcome you desire. If you are focusing on the past, it makes them nervous and changes the focus from what you want to their past failures. Then it will make it much harder for them to get over the anxiousness of their failure and be able to focus on the changes you want.

Celebrate with them over little gains. Let them know you see their success. If they have a behavior that they are only getting correct 20% of the time, if they get it right 25% of the time, wouldn't make their life and your life better? Be excited with them about the improvement. What if the behavior changed 50% of the time, or 75% of the time, would that not be a major improvement? Everyone's life will have drastically changed. Celebrate that change with them. There is a much better chance of getting the changes you want if you are calm, not bringing up the past, be consistent, and gently focusing on the change you want.

At times you need to re-evaluate the situation. At times you simply make the problem a "non-issue." I try to find ways around the problem. For example: every time you ask your kid to do something around the house they throw a fit. You have tried and tried to get them to stop it. Instead of looking for ways to stop them from throwing a fit, come up with a plan that every day they will do certain chores. Make a chart; let them know this is what you expect 6 days a week. Calmly sit down and go over the chart with them. When they get upset, and throw a fit over the chart be calm and answer their questions. Let them know that some things on the chart have to be done almost every day and that there are other things on the chart which will not have to be done every day. You will mark the ones that do not need to be done that day. This will help them not be so overwhelmed.

If possible, try to ignore the behavior or attitude and deal with it later. Sometimes it is better to let someone else deal with the problem. I know this can be extremely hard; after all, they should not have negative behaviors or bad attitudes. Remember they may have a traumatic past and may have organic brain damage and/or mental health issues. That does not mean you let them get away with un-socially acceptable behaviors, it does mean you need to use different parenting techniques. Use relationship parenting.

Steps to dealing with the problem:

1. Identify the problem.
2. Used programming to make it a non-issue.
3. "Support" not "consequences."
4. Non-emotional parenting.
5. Spend very little time telling them what they have done wrong but instead focus on what you want them to do right.
6. The less you say and the calmer you say it usually the more effective it is.
7. Do not shame them and blame them - remember they have organic brain damage that usually has been made worse by traumas.
8. Consistency and that includes you being calm.
9. Do not bring up the past (not even in your thinking). Remember it takes time to make changes in the brain and in behaviors (for both of you).
10. Try to make things non-issues while waiting on changes. While waiting, you need to understand some behaviors may not change. I remember asking a mother, who was getting very upset over her son throwing fits, "What are you going to do if he can't stop them. Are you going to keep getting so upset?"
11. Sometimes when you become calm and have a plan for dealing with the behavior, the behavior may suddenly change.
12. You except help, let the other parent or someone else deal with their problem – team parenting.
13. This takes time, consistency, calm, and so do not hold them in the past while you are moving towards your future together.

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