

Practical Parenting

Gregory A. Fabiano, Ph.D.

University at Buffalo

Department of Counseling, School, and
Educational Psychology

Parenting

- Parenting is an important contributor to many long-term adolescent and adult outcomes.
 - Teaching
 - Monitoring
 - Protecting
 - Guiding
 - Supporting
 - Disciplining

Breakout Discussion #1

- What are the biggest challenges you see as a parent in managing your child's behavior?

Behavior Modification

- Behavior Modification is based on social learning theory
- It teaches parents and teachers how to change environmental contingencies to improve behavior.
- Settings where behavior modification is used include:
 - Home
 - School
 - Peer/recreational settings

- Antecedents
 - Structuring situations
 - Clarifying expectations and contingencies
 - Establishing rules
 - Issuing clear commands

- Consequences
 - Praising and attending
 - Planned ignoring
 - Rewards
 - Punishments

Why is this especially important for children with more challenging behaviors?

Practical Parenting

Attention and Praise

- “Catch children being good.”
- Comment on appropriate behavior.
- Balanced attending between siblings/others.

Planned Ignoring

- Deliberately ignore minor, inappropriate behaviors.
 - Especially if the behaviors are attention-seeking!
- Attend to return to appropriate behavior

Effective Requests and Commands

- Bad Commands
 - Issued when it is unclear whether the child is attending
 - Contain multiple steps
 - Vague
 - Issued as a question
 - Unclear phrasing (Let's . . .)
 - Extended for a long period of time
 - Repeated without consequences

- Good Commands
 - Issued once attention is obtained
 - Issued in manageable steps
 - Specific
 - Issued as a command/instruction
 - Use clear phrasing
 - Limited to the present
 - Followed by consequences for both compliance (e.g., praise) and noncompliance (e.g., repeat command).

Premack Contingencies and Transitional Warnings

- “Grandma’s Rule”
- Help children know about and prepare for transitions/changes in routine.

Time out/Punishment/Grounding

- Only effective in the context of positive parenting strategies.
 - Time out *from positive reinforcement*
- More/longer duration is not always better.
- Should be used to suppress negative behavior rather than a reaction to it.

- Thank you!!!!
- Questions/discussion???

- Greg Fabiano
 - fabiano@buffalo.edu
 - <http://www.DrGregFabiano.com>