

Steps for Active Ignoring

- 1 Be sure about what you want the child to do that would replace the unwanted behaviour
- 2 Ignore the behaviour for as long as it lasts unless it gets dangerous
- 3 Do not mention the behaviour directly (*e.g. by telling the child you are going to ignore what they are doing, or by asking the child to stop*) or indirectly (*e.g. by mimicking or criticising*)
- 4 As soon as the unwanted behaviour stops, praise the child - not for stopping what they were doing, but for starting to do what you like (and look out for other opportunities to praise the behaviour you like, too)
- 5 Ignore the behaviour, not the child as a person. If the behaviour gets worse, it is probably because the child is being ignored altogether, rather than being paid (positive) attention for something other than the unwanted behaviour
- 6 Think about asking others in the family (*e.g. partner, older children*) to ignore the behaviour, but without any ganging up or siding with one child against another
- 7 Think about the reasons behind the behaviour, and what feelings in the child may be triggering it (*e.g. upset, frustrated, hungry*); if possible address the problem without drawing attention to the behaviour that has made you aware of it
- 8 Ask yourself what feelings this annoying behaviour may trigger in yourself, and how you could deal with/recover from/let go of them