

Parenting – Big Ideas

To what extent are you using each of the following parenting ideas? (Rate in first blank, please.)
And: To what extent would you like to use each of these ideas more? (Rate in second blank, please.)

0=None

2=Very little

4=Some but not much

6=Moderate amount, pretty much

8=High amount

10=Very high amount

1. **RAB: Reinforce admirable behavior.** Watch for positive examples of skills and reinforce them, with joyous, enthusiastic comment, at the time, when later telling other adult, and later at nightly review (e.g. at bedtime). Extra mile: commemorate in writing. Celebrate positive examples not just of child but of all family members including yourself. Aim for family emotional climate where people reinforce each other often. Use the names of the 16 skills when talking about them. _____ , _____
2. **NUB: Non-reinforce undesirable behavior.** Don't give the the child what they want to get them to stop something. Don't offer to give them something they want if they stop an undesirable or switch to a desirable behavior – because the offer itself reinforces the undesirable behavior. Remember that excitement can be reinforcing even when negative. Remember that your attention is usually reinforcing; thus avoid the strategy of watching for undesirable behavior and correcting it. Avoid trying to cajole the child into cooperation, because this can reinforce non-cooperation. _____ , _____
3. **Commands.** Eliminate unnecessary commands. Differentiate commands and suggestions. Follow up with the commands you do give, and reinforce compliance. _____ , _____
4. **Emotional climate.** Aim for at least 4 times as much approval as disapproval. REFFF vs. CCCT. (Reflections, telling about your own Experience, Facilitations, Follow-up questions, positive Feedback, vs. Commands, Criticisms, Contradictions, Threats.) (Facilitations are utterances like Uh huh. I see...) _____ , _____
5. **Models.** Furnish for the child as many positive models of the skills as possible, from you, from media, from other people. Limit the negative models. Read positive models together. _____ , _____
6. **MGAs.** Look for ways of doing things together that are fun for both. “Mutually Gratifying Activities.” Can you make it fun to Walk and Talk? Have fun doing household chores together? Take turns reading aloud? Play cooperative games? _____ , _____
7. **Dr. L.W. Aap.** 7 criteria for joint decisions. Defining, Reflecting, Listing, Waiting, Advantages, Agreeing, Politeness. _____ , _____

8. **Ethics.** Revere, and talk about, ethical principles, in positive and celebratory ways (as contrasted with reprimanding ways). Possibilities include two big goals (kindness to self, kindness to others) 16 skills and principles (productivity, joyousness, kindness, honesty, fortitude, good decisions, nonviolence, respectful talk, friendship-building, self-discipline, loyalty, conservation, self-care, compliance, positive fantasy rehearsal, courage) _____ , _____