

BEHAVIORAL PARENT TRAINING

FOR DISRUPTIVE BEHAVIOR PROBLEMS



INTRODUCTION

Most children have times when they don't follow rules, can't control their temper, or have an emotional outburst or tantrum. These disruptive behaviors are more likely to occur when a child is worried, angry, or stressed. However, when these behaviors become frequent and lead to difficulty at home, school, and/or with friends, working with your child's primary care team can help you get these behaviors under control.

The most effective interventions for decreasing children's behavior problems focus on teaching parents how to best use parenting strategies to consistently manage and respond to misbehavior. This is commonly referred to as Behavioral Parent Training, or BPT. You may have heard of some of these skills before. The worksheets in this packet will explain the skills and help you use BPT strategies at home. All of the skills included in our guide are *evidence-based*, meaning they are strategies that have been tested and proven to be effective through rigorous scientific research. Many families have found that these parenting strategies to be beneficial; we hope they will work for you, too.

SKILLS & EXERCISES

Each of the skill handouts includes an explanation of the skill, a description of how it will help your family, instructions for how to use the strategy at home, and a list of common questions and concerns parents usually ask, along with our answers. We also include worksheets you can use with your child. Work through the guide with your child and make these exercises and techniques a part of your daily life. See what's working and what's still challenging, then adjust as needed. Let us know how things are going and be in touch if you and your child need any additional support for management of disruptive behavior problems. Good luck!



Skill 1

Bonding Time

This practice helps increase your child's motivation to behave by improving the parent-child relationship through daily periods of uninterrupted and positive time together.



Skill 2

Praising Good Behavior

This strategy helps you increase how often your child engages in appropriate behavior by consistently and quickly showing your approval and appreciation of positive behaviors, such as following rules.



Skill 3

Shifting Attention

This skill helps you decrease how often your child engages in irritating or annoying behaviors, such as arguing or whining, by ignoring those behaviors and then praising your child when their behavior improves.



Skill 4

Effective Directions

This technique increases the chances your child will follow instructions by giving clear, calm, and simple directions.



Skill 5

Rewarding Good Behavior

These worksheets help you increase your child's interest in behaving appropriately by creating a program of rewards they can earn for good behaviors.



Skill 6

Reasonable Consequences

This skill helps you create a structured and predictable home environment by setting and delivering clear consequences for misbehavior, such as breaking rules or engaging in destructive behavior.



Skill 7

Planning Ahead

These worksheets help you plan how you will manage your child's misbehavior in places and times where your child is likely to act up (e.g., when in public, at the grocery store).