

THE IDEAL RESPONSE

The IDEAL Response is a set of guidelines to help guide you through your child's challenging behavior. These are designed to correct and encourage better behavior rather than simply reprimand. Print this out and go through these 5 steps to use as a growth opportunity the next time your child shows challenging behavior.

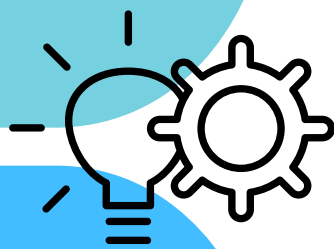
1. IMMEDIATE

Make sure your responses occur within 3 seconds of the behavior because the brain only holds information in short-term memory for a few seconds. When you address challenging behavior quickly, your child is better able to learn from the experience.



2. DIRECT

Make eye contact, get on your child's level, and use a gentle touch on the shoulder or arm to build trust. (Note: If the child is too overwhelmed, touch could send the child into more severe behavior. Use discernment in such situations.)



3. EFFICIENT

Using more structure than a situation calls for may drive children into a worse cycle of behavior. Identifying the appropriate Levels of Response™ for a particular situation helps ensure that your response matches the intensity of the situation.



4. ACTION-BASED

Active, experiential learning creates new connections in the brain. Action helps children learn at a greater pace and deeper level. Make this correction with your child interactive rather than just reactive dialogue.

5. LEVELED AT THE BEHAVIOR, NOT THE CHILD

For children from hard places, self-esteem is fragile. You must help your children understand that their behaviors are not who they are - their 'self' is not defined by behavior or misbehavior.