



The Power of Attention

What you focus on, you get more of. As adults, we constantly shine the flashlight of our attention on the world. We give value to whatever we shine our light on. Children are better able to comply when we shine our light on the behaviors we want to see rather than the ones that are a problem.

“Stop yelling” highlights yelling and will get more yelling.

“Use a quiet voice like mine” highlights quiet voices and will get more quiet voices.

It can be challenging to shift focus from what we don't want to what we do want. Try these shifts:

- ~~No pushing!~~ → Move please.
- ~~Don't chew with your mouth open!~~ → Chew with your mouth closed.
- ~~Stop hitting me with the rattle!~~ → Shake, shake, shake the rattle!
- ~~Stop grabbing!~~ → May I have a turn, please?
- ~~Quit pulling on my shirt!~~ → When you want my attention, tap me on the arm like this.
- ~~No splashing!~~ → Keep the water in the bathtub.
- ~~You're going to break it!~~ → Bring it over here so I can show you how to use it properly.
- ~~Don't pick your nose!~~ → Here. Use a tissue.
- ~~Stop running around with food in your mouth!~~ → Sit down until you chew and swallow your food.



The Skill of Assertiveness

Teaching others how to treat us. Assertiveness enables adults and children to set limits and resolve conflict respectfully. It teaches children that words have more power than hitting. We must be assertive with children in order for them to learn to be assertive with each other. Assertiveness requires the following:

1. Focusing on the behavior we want to see
2. The intention of helping children be successful
3. A tone of voice that has “no doubt”
4. Descriptive language and motions that clearly communicate the desired goal

Visual Routines:

Routines help smooth out the trouble spots in your day by clearly communicating the desired behavior. If brushing teeth or diaper changes are a challenge day after day, visual routines will help!

1. Think about what you want children to do.
2. List out the steps in order. Six steps is the limit. Toddlers will do better with only three steps.
3. Take photos so children can clearly see what to do next.
4. Post the routine where they use it.
5. Practice, practice, practice.

Bedtime Routine

Bath Time	Brush Teeth	Put on Pajamas	Comb Hair	Read Books	Lights Out