American Academy of Pediatrics Ohio Chapter

BUILDING Mental Wellness LEARNING COLLABORATIVE

Positive Parenting in a 15 minute Visit

John C. Duby, MD, FAAP, CPE

March 1, 2014

Supported by the Ohio Colleges of Medicine Government Resource Center with funding from the Ohio Department of Health and the Ohio Department of Medicaid

OHIO DEPARTMENT OF HEALTH ODH To protect and improve the health of all Ohioans

MedTAPP Medicaid Technical Assistance and Policy Program

Best Evidence for Advancing Childhealth in Ohio NOW B.E.A.C.O.N

Case of Antwon

- 6 year old
- Dx with ADHD, but ongoing issues with behavior despite moderate response to methylphenidate
- Refuses to follow directions
- Angers easily
- Spiteful
- Tantrums with attempts at limit setting

American Academy of Pediatrics Ohio Chapter
BUILDING
Mental Wellness
LEARNING COLLABORATIVE

Objectives

- At the end of the session, participants will be able to:
- Understand the ABC's of behavior
- Obtain a behavior problem history in 2 minutes
- Utilize tools for tracking behavior problems
- Teach parents how to use specific praise
- Teach parents how to give clear, calm instructions
- Help parents teach children to label their emotions
- Refer families to evidence-based behavioral family intervention services

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

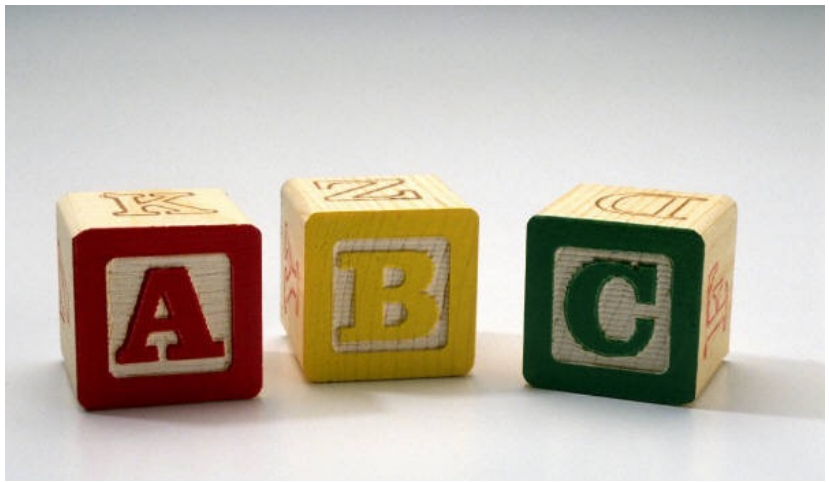
The Exemplification Probe

THE ABC'S OF BEHAVIOR

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

The A B C's of Behavior

- Antecedents
- Behavior
  - Description
  - Function
    - Attention Seeking
    - Escape-Avoidant
- Consequences
  - Intentional
  - Unintentional
- Onset and Course
- Frequency and Duration



American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Framework for Discussing Problem Behavior: Exemplification Probe

Antecedent or Trigger

What happened before the problem behavior?

Problem Behavior or Target for Change

What is the problem?

Describe as specifically as possible

Consequences

What happens as a result of the problem behavior? How does the incident come to an end?

Summarize incident and check for understanding

Check for generality.

Is this typically what happens?

American Academy of Pediatrics Ohio Chapter

BUILDING Mental Wellness LEARNING COLLABORATIVE

Causes of Behavior Problems

- Genetic Make Up: Temperament
  - Sociability
  - Reactivity
  - Activity level
- Family Environment
  - Accidental rewards for misbehavior
  - Escalation traps
  - Watching others
  - How instructions are given
  - Emotional messages

of Pediatrics Ohio Chapter
BUILDING
Mental Wellness
LEARNING COLLABORATIVE

Causes of Behavior Problems

- Family Environment
  - Ineffective use of punishment
  - Parents' beliefs and expectations
  - Parents' relationship
  - Parents' emotions
  - Stress
- Influences Outside the Home
  - Peers and friends
  - School
  - Media and Technology

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

KEEPING TRACK OF CHALLENGING BEHAVIOR

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Keeping Track of Challenging Behaviors

- Tally Sheet
- Time Sample
- Behavior Diary
- Duration Record
- Behavior Graph

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Tally sheet

- Check each occurrence of the behavior
- Best for discrete behaviors with a clear beginning and clear end.
  - Swearing
  - Hitting
  - Chores done
- Occurs less than 10-15 times per day

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Tally Sheet

Tally Sheet

Problem Behavior: _____ Starting Date: _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	TOTAL
MONDAY																
TUESDAY																
WEDNESDAY																
THURSDAY																
FRIDAY																
SATURDAY																
SUNDAY																
MONDAY																
TUESDAY																
WEDNESDAY																
THURSDAY																
FRIDAY																
SATURDAY																
SUNDAY																

Time sample

- For problems occurring more than 10-15 time per day
- For behaviors that come and go quickly and often over a short period of time
  - Non-compliance
  - Arguing
  - Whining
- For behaviors that may not have a clear beginning or end
- Pick a 2-3 hour high risk time period

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Time Sample

Time Sample

Problem Behavior: _____ Starting Date: _____

Place a check mark in the row next to the time when the problem behavior occurs.

	WEEK 1							WEEK 2						
Time of Day Enter the times of Day to track in 30 minute blocks *e.g., 4:00-4:30*	M	T	W	T	F	S	S	M	T	W	T	F	S	S

Behavior Diary

- Gives the most information
- Helps identify patterns in behavior
- Assists with determining frequency
- Helps determine if behavior is managed consistently
- Identifies high risk times and situations
- Identifies possible triggers and rewards
- Best for relatively low frequency problems

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Behavior Diary

Behavior Diary

Problem Behavior: _____

PROBLEM BEHAVIOR	DATE, TIME , AND PLACE WHERE IT HAPPENED	WHAT HAPPENED BEFORE THE EPISODE?	WHAT HAPPENED AFTER THE EPISODE?	OTHER COMMENTS

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Duration Record

- Tracking how long a behavior lasts
  - Crying
  - Homework
  - Getting dressed
- Can look at time for each episode or total time in a day

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Duration Record

Duration Record

Problem Behavior: _____ Starting Date: _____

	Time Spent in Each Episode in Minutes															
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	TOTAL MINUTES
MONDAY																
TUESDAY																
WEDNESDAY																
THURSDAY																
FRIDAY																
SATURDAY																
SUNDAY																
MONDAY																
TUESDAY																
WEDNESDAY																
THURSDAY																
FRIDAY																
SATURDAY																
SUNDAY																

GUIDANCE FOR POSITIVE PARENTING

American Academy of Pediatrics Ohio Chapter
BUILDING
Mental Wellness
LEARNING COLLABORATIVE

Specific Praise

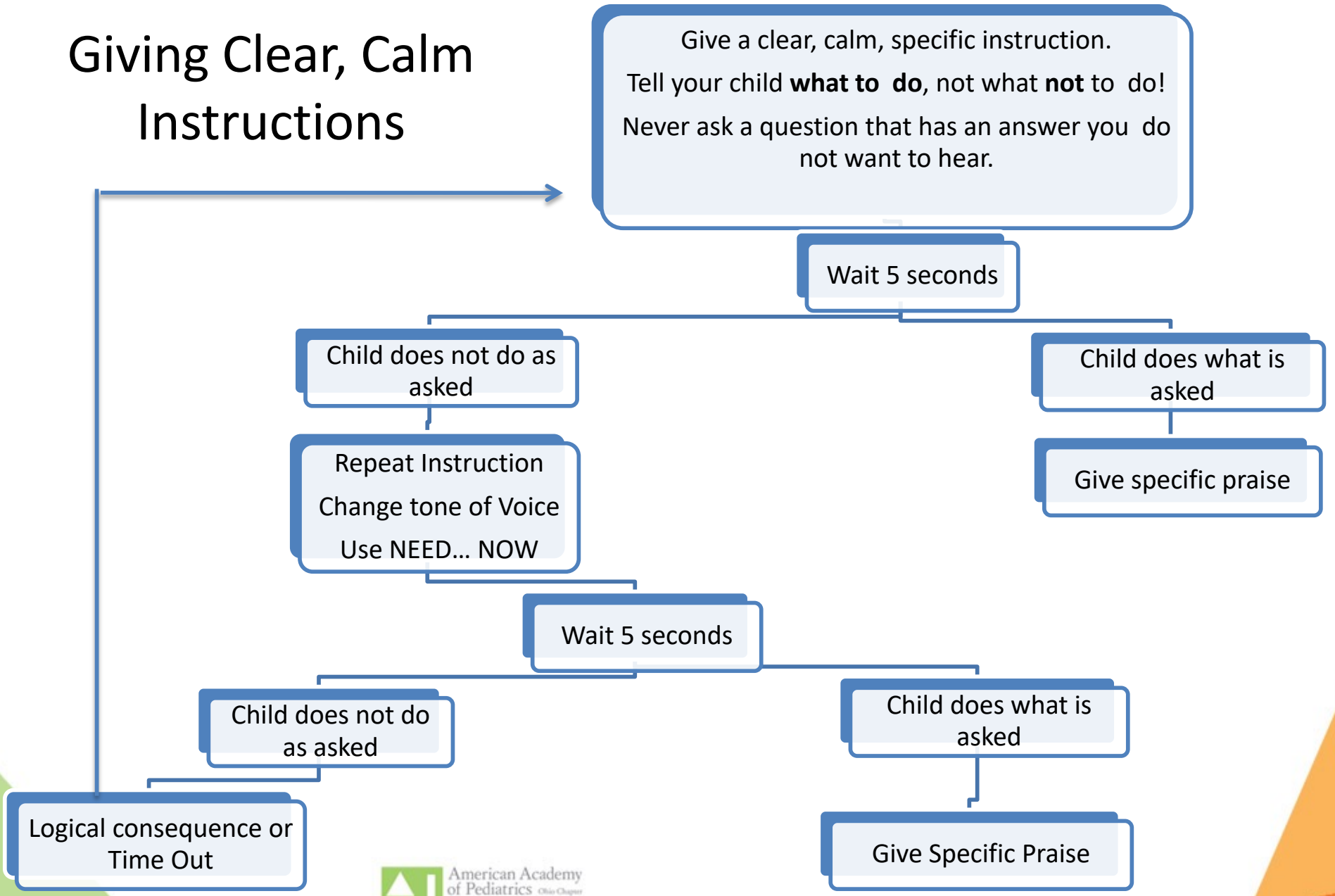
- Be very clear and specific.
- Describe the behavior that you like.
- Be sincere, but also be enthusiastic.

Specific Praise

- Better than general approval in order to get more of a particular behavior.
- Teaches child to receive and be motivated by compliments.
- Focus only on the behavior you like.

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Giving Clear, Calm Instructions



American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Logical Consequences

- Best for mild problems that don't happen very often
- The consequence fits the situation
- Take away whatever is at the center of the problem
- Do not debate of argue
- Return the activity in a short period of time
  - 10 minutes for toddlers and preschoolers
  - 30 minutes for elementary school age children
- Use another consequence if needed or make the first consequence longer

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Teach children to label their emotions

- Have caregiver label her own emotions and response throughout the day. For example, saying “mommy is really frustrated sitting in traffic right now.”
- Have caregiver help child label the child’s emotions. “It looks like you are upset that you have to wait your turn.”
- Encourage child to label his own emotions throughout the day to practice “How are you feeling right now?”

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Offering Fixed Choices

- Helps child do things that makes him anxious
- Helps to reduce arguing and worrying
- Offer 2 clear cut choices
- Parent decide what the choices are.
- The child gets to choose between them.
- The choices can be repeated once.
- Do not argue with the child.

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Blocking

- Blocks negative behaviors from happening
- Helps improve compliance and reduce arguing
- Say the child's name.
- Position yourself in front of the child to block out any distractions and be sure you have good eye contact.
- Speak very softly and calmly. Don't be sarcastic
- Tell the child what you want them to do.

Flexible Thinking

- Encourages compliance
- Teaches compromise and problem solving
- Gives a sense of control

- Ask the child what they want first.
- Think carefully about what you are going to do because it will be the final answer.
- Meet in the middle and make a commitment to follow through on the compromise/

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Routines

- Predictable routines lead to fewer surprises and less stress for everyone
- Write them out and be consistent
- Sleep Practices
- Healthy Nutrition
- Exercise

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

RESOURCES

American Academy of Pediatrics Ohio Chapter
BUILDING
Mental Wellness
LEARNING COLLABORATIVE

Supporting Parents

- Types of approaches
  - Child-focused
  - Parent-focused
  - Developmental parenting

  Parent training programs
    - Home Visiting Programs
    - Incredible Years
    - Parent Child Interaction Therapy
    - Triple P Positive Parenting Program

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

60 Second Positive Parenting

- Introduction
- Asking for Help
- Whining
- Lying
- Swearing

- Over 40 Topics so far
- www.akronchildrens.org

American Academy of Pediatrics Ohio Chapter
BUILDING
Mental Wellness
LEARNING COLLABORATIVE

Course for Parents

Parent Education and Family Stabilization Course

Ohio Parent Education Class

CourseForParents.com provides access to the Parent Education Class, which may be a court-ordered parenting class required by the domestic relations court in your Ohio county. Our online parenting class has been approved and the certificate is recognized by all Ohio courts that allow distance learning. Parenting classes provide meaningful content intended to assist with the transition to single parenting. Our goal is to help develop parenting skills and encourage positive parenting throughout the difficult process of divorce.

Click to Start Your Class Now - Only $25

Easy ~ No Tests ~ No Hidden Fees ~ Instant Certificate ~ Acceptance Guarantee

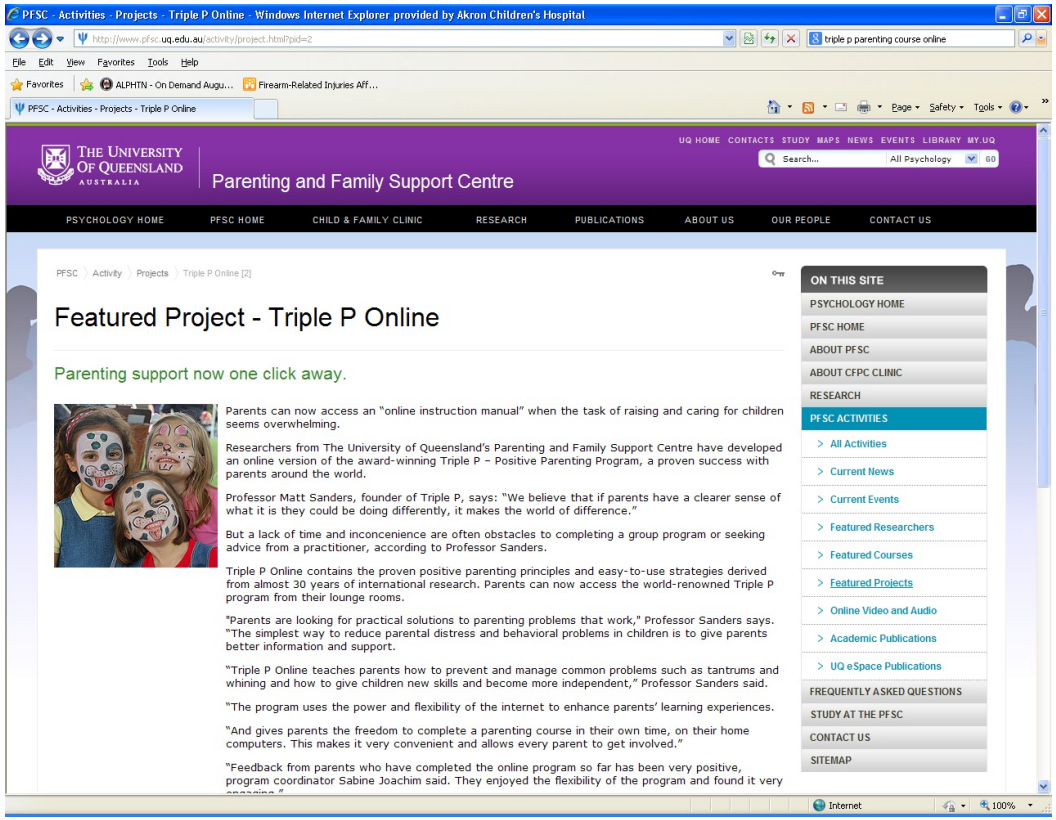
State Directory

Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois
Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana
Nebraska

American Academy of Pediatrics Ohio Chapter

BUILDING Mental Wellness LEARNING COLLABORATIVE

Triple P Online



What is the Triple P Online Parenting course?

- 8 module interactive internet program with video clips, interactive exercises and suggested homework tasks.
- **Parents who completed Triple P developed much greater confidence** in managing behavior and had far fewer incidences of stress, conflict and behavioral problems in their children.

www.triplep-america.com

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE

Take Home Messages

- Remember the ABC's of Behavior
- Use the Exemplification Probe
- Use tools to track changes in behavior
- Consider the Causes of Behavior Problems
- Use Specific Praise
- Give Clear, Calm Instructions
- Explore Online Resources

American Academy of Pediatrics Ohio Chapter
BUILDING Mental Wellness LEARNING COLLABORATIVE