## Parenting the Explosive Child

**What are some of the child's difficult behaviors?**

- Difficulty – Start each unsolved problem with the word difficulty.

  For example:  Difficulty considering the outcome or consequences of actions

- Be Specific – Make sure the unsolved problems are separate.
- Theories – Keep theories out of unsolved problems.
- Solution – Keep your solution out of the equation.

**Conventional Interventions**

- Provide the child with lots of positive attention for good behavior and eliminating all attention associated with challenging behaviors so as to reduce the likelihood of seeking attention from maladaptive behaviors.
- Issue clearer and fewer commands.
- Teach the child compliance is expected and enforced on all parental commands.  He must comply because you will only issue the compliance once and no more than twice.
- Teaching the child his parents won't back down in spite of challenging behavior.
- Maintain record keeping and currency system to track child's performance on specified target behavior.
- Deliver adult imposed consequences in the form of rewards, loss of attention that is contingent on the child's successful or unsuccessful behavior.

Adult imposed consequences teach children basic lessons about right and wrong and they give children the incentive to move toward desirable behaviors.

**Collaborative Approach – Three Steps**

- Empathy – Understand child's perspective and concern regarding specific problem.
- Gather Information – Use reflective listening.  Ask questions beginning with who, what, when, where.  Ask the child what he is thinking regarding the unsolved problem.  If you get an "I don't know" answer to a question, do not insert your own theory. Instead make a statement such as "it's okay take your time" or "we are in no rush".
- Define the Problem – Communicate your concern about the problem.  After identifying the problem start with a statement such as "my concern is".  How is the unsolved problem affecting the child?  How is the unsolved problem affecting others?
- Invitation Step – You and the child should discuss and agree on a realistic solution that is satisfactory to both.  Start with "let's think about how we can solve this problem", or "how can we work this out.  Give the child the first chance to solve the issue".

Most problems have a predictable pattern.  Problem solve ahead of time.

Set aside unsolved problem.

This does not mean you give in. It means you tackle one problem at a time.  Decide low and high priority problems.