

> When taking away a privilege as a punishment, keep it short. Remember- you do not need to punish for long periods of time for it to be effective.

> When using mild punishments the most important consideration is to be consistent.

> Try to catch your child being good, even for little things, and then praise enthusiastically. For example if you see her playing nicely with siblings, go ahead and make a big deal about how nice she is being.

> Try to spend special time with your child each week. For example, play a game, go the park, or read a book together. Remember- you are more rewarding than those video games.

> List three things that you want your child to do and then praise consistently each time he does them.

> When it comes to rewards and incentives try to think in terms of, "when you do, you get", rather than "if you don't, you will lose."

> Never rationalize, explain, or lecture during a child's temper tantrum. It is ineffective and you might even become more upset and agitated. Instead wait and talk to your child when he is calm.

> When rewarding your child for good behavior try to give the reward as soon as possible after the positive behavior occurs.

> Try to put visual reminders of past good behavior where your child can see them. For instance if you have charts or stickers that were given for good behaviors, hang them on the refrigerator so they are highly visible. This can be highly reinforcing.

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