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HASSENFELD
CHILDREN'S
HOSPITAL
AT NYU LANGONE

Parent Power:

5 Simple Strategies to Improve Your Home

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Children Can Be Scary...

2 Parent Power

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Common Childhood Disruptive Behaviors

- Defiance
- Back-talking
- Temper tantrums
- Fighting with siblings and peers
- School refusal
- And more...

3 Parent Power

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They Can Make Us Feel Like This...



4 Parent Power



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Impact on Parents and Caregivers

- Frustration
- Exhaustion
- Stress and anxiety
- Feelings of helplessness
- And more...

5 Parent Power



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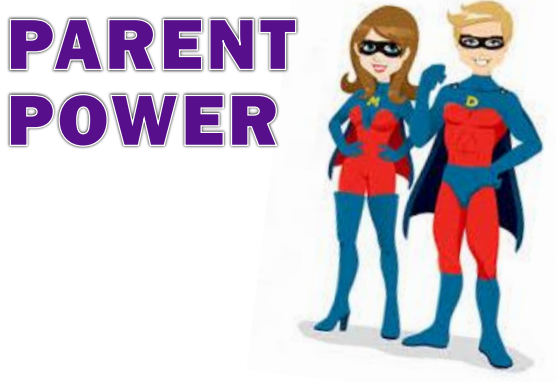
We need the power to help our children to reach their potential...

6 Parent Power




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PARENT POWER



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PARENT POWER
Put Structures in Place

Behavioral Expectations

- Follow Directions - Be Responsible
- Control Your Body – Actively Participate
- Be Polite – Be Respectful


Scheduling

- Weekly
- Weekend
- Avoid Overscheduling

Routines

- Morning ritual (e.g., when do you wake up, eat breakfast, go to school)
- After school ritual (e.g., recreational time, homework)
- Evening ritual (e.g., family time, bed-time)

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PARENT POWER
Offer Incentives

- Positive reinforcement is the most effective behavior change strategy
- Develop a reward system
- Link the House Rules to the system
- Identify meaningful incentives (decided by parents and child)
- Frame the reward system in terms of “working to earn a paycheck”
- Describe and praise desired behavior
- Praise EFFORT rather than attributes
- Reward system examples...

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Fixed Interval Token Economy

- **Star Awards**
- Reviewed collaboratively once at end of the session
- 3 target behaviors – “rules or goals”
- Earns trip to “Prize Box”

Name: _____

STAR AWARDS CHART

Session #	Follow Directions	Control Your Body	Be Polite
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

10 Parent Power



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Variable Ratio Token Economy

- **“Super Checks”**
- Intermittent labeled praise
 - For 3 target behaviors
 - For Participating
- Models skills for parents in conjoint therapy
- Earns free play time in individual therapy
- In group children earn the **“Super Prize”**

Name: _____

SUPER CHECK TALLY CHART

Session #	1	2	3	4	5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

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Parent POWER Work Hard

- Be consistent in all that you do
- Practice giving praise for positive behaviors (e.g., get in the habit of noticing desirable behaviors in your children and others around you)
- Plan for challenges by thinking ahead (e.g., bringing snacks, iPad for long car rides)
- Set up your children for success by minding their schedule (e.g., don't go out to eat with them when it is close to bedtime)
- Prepare incentives... which should be readily available
- Build and design reward system charts prior to roll-out
- Challenges related to family structure and work schedule
- Remember that behavioral transformation is a **MARATHON** not a sprint

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Parent POWER
Emotional Regulation

Self-Care


- Strive for work-life balance
- Carve out free time to rejuvenate

Relaxation and stress relief activities

- Exercise
- Meditation
- Yoga
- Spa/Salon
- Therapy
- Support Groups

Activities that enhance meaning and quality of life


- Recreational activities
- Hobbies
- Religious/Cultural activities
- Parent support groups (formal and informal)

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Importance of Family Cohesion


- Unity among parents regarding caregiving approach
- Formulating a “Vision” for your family based on values
- Creating a sense of being a part of a team
- Role of team building and engagement enhancing activities
- Developing Grit and Resilience
- Wise Parenting... (Warmth – Respectfulness – Demanding)

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PARENT POWER
Role-Modeling

- A role model inspires others to be their best self
- Be respectful and fair with your children
- Project calm and confidence — “put your game face on”
- Be honest and true to your word
- Build Relationships
- Role-Modeling exercise...


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Good Boss/Bad Boss Exercise




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PARENT
Put structures in place
Offer incentives
Work hard
Emotional regulation
Role modeling


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Questions and Answers

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Contact Information

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Thank you