

## Step 6

Now try your plan and count how often and how long your child does the thing you want to change and put your information in the AFTER table. (See note on back.)

### AFTER TABLE

DAY	Day 1	Day 2	Day 3
HOW OFTEN (Times)	_____	_____	_____
HOW LONG (Time)	_____	_____	_____

## Step 7

Compare the BEFORE table with the AFTER table and see if the desired results were achieved. If you achieved the desired results, congratulate yourself. If you did not, go back to STEP 4 and try again using some other action.

### NOTE:

Remind your child what he will gain or what he will lose when you see or hear him doing the target behavior.

Remind your child, after your action, why he lost or gained.

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To schedule an appointment, with Dr. Quesenbery...

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## For further reading, see ...

Lynn Clark's 3rd ed. 2002 book,  
SOS--Help for Parents: A Practical Guide for Handling Common Everyday Behavior Problems

Gerald Patterson's 2000 book,  
Living with Children: New Methods for Parents and Teachers

Gerald Patterson's 2000 book (2nd edition)...  
Parents and Adolescents Living Together: The Basics

# Changing Your Child's Behavior... 7 Steps



by

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## Seven Steps to Changing Your Child's Behavior

Your child's behavior can be changed. What you do will cause his behavior to stop, to occur more often, or to occur less often.

Your actions could include the following:

- Ignoring him.
- Taking Away from him-
  - something he likes (e.g. favorite toy or privilege)
  - something he doesn't like (e.g. washing dishes).
- Giving to him-
  - something he likes (e.g. praise, a privilege)
  - something he doesn't like (e.g. stand in corner).

### Step 1

As a first step, list things your child likes and doesn't like. Remember things liked can be privileges, time with you, or favorite things to do, eat, or play with. Things disliked can be spankings, standing in the corner, or chores he doesn't like to do (e.g. washing the dishes).

Things He Likes

Things He Doesn't Like

_____	_____
_____	_____
_____	_____
_____	_____

### Step 2

In the second step, list those things you'd like your child to do less often and those you'd like him to do more often.

Do Less Often

Do More Often

_____	_____
_____	_____
_____	_____
_____	_____

### Step 3

Recall the following basic points:

*To get a child to do something less often, you can...*

- ignore the "something" (e.g. ignore his sassing you)
- take away a thing or privilege he likes (e.g. one hour TV) during or right after he does the undesirable thing.
- give him something he doesn't like (e.g. job of picking up papers in the yard) during or right after he does the undesirable thing.

*To get the child to do something more often, you can...*

- give him a thing or privilege he likes (e.g. staying up one half hour past his bedtime) while he's doing it or right after.
- take away something he doesn't like (e.g. having to do dishes) while he is doing the desired thing or right after.

### Step 4

Now, look at your "More Often" and "Less Often" tables and the "Things Liked" and "Things Not Liked" tables in steps 1 and 2. Complete Part I using the "More Often" tables. Complete Part II using the "Less Often" table.

**Part 1.** I want \_\_\_\_\_ to do the following more often:

\_\_\_\_\_

\_\_\_\_\_

(This is the target behavior you want to change.)

I will give him \_\_\_\_\_

\_\_\_\_\_ when he does it.

or

I will take away one thing he doesn't like, namely \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ when he does it.

**Part II.** I want \_\_\_\_\_ to do the following less often:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(This is the target behavior you want to change.)

I will take away (See "Things He Likes") \_\_\_\_\_

\_\_\_\_\_ from him when he is doing it or right after it.

or

I will give him (See "Things He doesn't Like") \_\_\_\_\_

\_\_\_\_\_ when he's doing it or right after it.

### Step 5

Before you try your plan, take three or more days and count often or how long your child does the one thing you want to change.

BEFORE TABLE

DAY Day 1 Day 2 Day 3

HOW OFTEN (Times) \_\_\_\_\_

HOW LONG (Time) \_\_\_\_\_