

Cut It Out – Look for Triggers

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Managing the triggers which set off your child's unacceptable behaviour is much more effective than coming up with consequences, especially if the triggers are powerful. If you aren't taking a look at the bigger picture, you better cut this out! A trigger is something that provokes a behaviour. An important question for parents to ask themselves is "*When did the behaviour start?*" Think of anything that happened during or shortly before the behaviour. Sometimes this can be like pulling a needle from a haystack, but at other times, the answer is very clear. "*Gosh, that is right around the time that my child's favourite baby-sitter moved away!*"

Look for Answers:

Is my child hungry or tired?

Is it a certain time of day that he acts out or is a certain place?

Are your expectations suitable for the child's age?

Does your child need affection or attention?

Is a new activity stressing her out?

Has the routine been disrupted?

Have they had enough or too much activity?

Have you been too focused on negative attention?

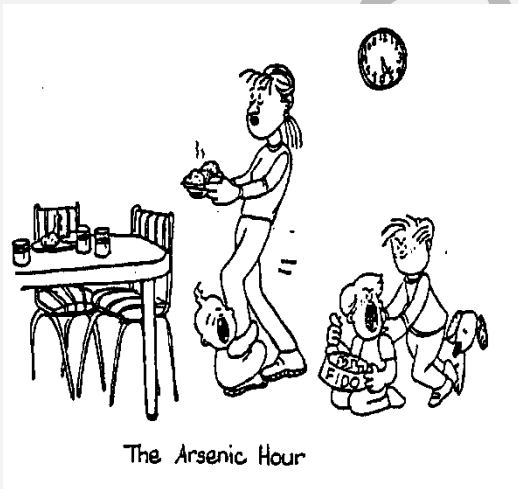
Are there other family dynamics or circumstances that are contributing to the behaviour? (moves, illness, deaths, divorce?)

Sometimes you can manage the trigger and other times just knowing what it is can help a lot.



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