

CHILD'S GAME

– Guidelines for Parents While Playing the Child's Game –

The first step in the Child's Game involves learning how to pay attention to your child's good behavior when it happens during play time. To learn this, you must practice what we call "paying attention." Later, we will show you how to use these skills when your child does what you ask. Paying attention involves the following:

1. Find a time when your child is playing with something enjoyable and that is appropriate. This can be a time when your child normally plays alone or a special time which you set aside each day. In either case, you are to spend at least 15 to 20 minutes each day in this type of play. The child is to select what he/she wishes to play with and you are to give NO HELP in this decision. This is essential. In addition, no other children should be involved in this "special play time"; just you and your child.
2. Relax!!! Casually approach your child, watch his/her play activities for a few minutes, and then sit down next to your child if he/she is playing at a table or on the ground.
3. Watch your child's activities for a few moments to get some idea of what he/she is doing.
4. Begin to describe to your child what he/she is doing. This is done something like a sportscaster at a baseball game would do -- describe the action. Another way of thinking of this style of talking to your child is to pretend there is a blind person in the room with you and your child and you must describe to that person what your child is doing. In either case, you simply narrate your child's activities and no more.
5. ASK NO QUESTIONS AND GIVE NO COMMANDS !!! During this play time, you should avoid asking any questions. You may find this to be very difficult since most parents interact with their children primarily through questions. Questions will only serve to provoke confrontations during this play time -- avoid them. Also, use no commands. You are not to direct your child's activity at all unless it becomes extremely inappropriate.
6. Occasionally provide your child with positive, genuine feedback. This should be a positive statement about what you like that the child is doing. For instance, "I like it when you and I play quietly together." AVOID comments about what your child is not doing. For instance, "I enjoy it when you don't throw the toys around the room." THIS TYPE OF COMMENT IS NAGGING!!!
7. If your child begins to misbehave, simply turn away and attend to something else in the room. If the misbehavior continues or gets worse, then leave the play area immediately. Come back and play with your child later when he/she is behaving more appropriately. If another child tries to become involved (and many siblings do when they see you paying attention to another child), direct them not to play, and tell them you will spend some "special time" with them alone later. If both parents are living in the home, then one can take the other child(ren) away from the play area while the other plays with the child of concern.
8. Each parent should spend at least 15 to 20 minutes with the child each day.
9. If your child becomes extremely disruptive or abusive during play, then discipline the child the way that you normally would. We will show you later how to effectively discipline the child during such times.

THIS PROGRAM IS EASY TO READ!!!!

IT IS NOT SO EASY TO DO!!!!