

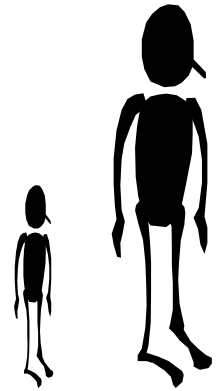
PRACTICE IGNORING AND PRAISING WITH YOUR CHILD

Think of one problem behavior that your child is using with you. Can you safely ignore it? If so, think about ways you could ignore, using the suggestions from chapter 11. Think about how you could give praise for a good behavior at the same time. Keep track of the behavior using the worksheet.

IGNORE PROBLEM BEHAVIOR

The Behavior That I Would Like To Reduce:

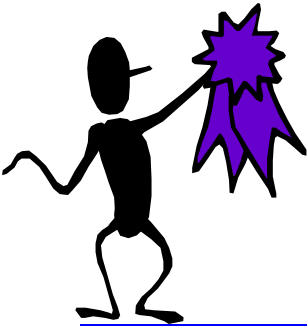
I Will Ignore It By:



PRAISE GOOD BEHAVIOR

The Behavior That I Would Like To Increase:

I Will Praise It By:



Day	Number of Behaviors	More or Less
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		