

1-2-3 Magic

Effective Discipline for Children 2 -12

Dr. Thomas Phelan

1-2-3 Magic for Parents:

Presentation Notes and Information

October 6, 2015

October 20, 2015

Part 1: Straight Thinking: How to think about parenting:



Parents:

- Need to know what to do in any given situation
- Need to be able to exercise a lot of emotional self-control

Generally 2 types of child responses:

- Immediate Cooperators
- Immediate Testers

Begin with effective thinking...

You have to explain what you are doing to your children before you begin this process...

Problems with children in one of two forms:

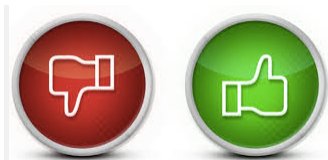
- Stop Behaviors: behaviors you want children to stop
- Start Behaviors: behaviors you want children to start

STOP Behaviors:

- With minor behaviors, COUNT ...
- With more significant behaviors, different strategies are necessary

Be careful of "little adult" assumptions ...

- Thinking that children come with an adult mindset and capacity to think rationally about their misbehaviors... we can talk the whole thing out and everything will work out
- Adults in charge tend to talk too much
- Think of yourself as a "wild animal trainer"
- 2 biggest problems adults run into in this context:
 - *Too much talking*
 - *Too much emotion*
- Children as innately inferior will come to see themselves having power over adults when they see emotional outbursts



Part 2: Controlling Obnoxious Behaviors: How do you get kids to listen?



Count STOP Behaviors:

- That's one... (1st warning)
- 5 seconds
- That's two... (2nd warning)
- 5 seconds
- That's three... take a time out (Action Step)

- When the child returns, no discussion or comments.

With significant behaviors:

- That's three... take a time out (Action Step) immediately,
- Perhaps add an extra consequence
- This IS a time when an explanation is necessary. State the reason it was a problem and move on.

- If problems occur, generally it's due to too much talking or too much emotion.
 - When this happens, arguments become the focus... the 123 gets lost
 - You are taking away the responsibility of the child for his behavior and leads to the parent needing to justify their discipline

- Parents and books on parenting focus too much on rationalizing discipline with children
- Discern when children need an explanation... if so, make it brief and to the point
- Impacts:
 - Silence speaks louder than words
 - You won't be as tired
 - Your authority is not negotiable
 - When kids come back from time out, they're friendly and ready to reengage

- Summary / 123 Benefits
 - One Explanation
 - No talking / no emotion
 - Authority is non-negotiable
 - Punishment is short and sweet (one minute per year of a child's life)
 - When kids are done, it's over... no resentment and anger ... enjoy your kids more





Part 3: Real World Applications & Getting Started

- Different Strategies for counting and keeping track
 - E.g. stop light
- Consequences
 - No parent temper tantrums
 - Simple time out
- Time Out Place
 - Somewhere easy and visible
 - No talking / no abuse
- Time Out Alternatives
 - May be offered in some situations
 - Offer alternatives, turn, and walk away
- Room Wreckers
 - Do not clean up the room
 - Count aggressively but fairly
 - Get out dangerous or valuable materials before the first time out
- Classroom Issues Regarding Time Out
 - Can teach ahead of time appropriate behaviors
 - Instructions on how to take an appropriate break
 - Naming the behavior is helpful for the little ones... explicit teaching
 - Family meetings are important to preface 123 Magic use
- When There is an Audience
- Grandparents
 - Cooperative
 - Passive – Don't interfere
 - Antagonistic – get in the way
- On the Phone
- In Public
 - Make sure you have 123 Magic working well at home
 - Do time out in lots of places in public
- In the Car
 - Time out variations
 - Cooperative earning of rewards
 - Car bingo and related games
- Variations: Sibling Rivalry, Tantrums and Pouting
 - When issues arise, count both kids
 - Two stupidest questions: who started it and why?
 - Older child NOT more mature
 - Don't start the time out until the tantrum is done
 - Pouting is passive aggression and generally should be ignored
- Getting Started at Home
- Getting Started at School



Part 4: Testing and Manipulation:

- 6 types of testing and manipulation:
 - Badgering
 - Temper or intimidation
 - Threat
 - Martyrdom
 - Butter-up
 - Physical tactics
- Tactics may be combined
- Additionally, there is a combination of 1 and 4 – whining
- Do not give them their way



Part 5 & 6: Counting in Action / Conclusions

- Examples of counting and how to use it effectively
- Slip Off Conversations
 - Travel
 - Visitors
 - Time
 - New Baby
- Conclusions
 - 123 Works....
 - Better if consistently used and among all caretakers
 - Struggles with 123 can occur with marital strife or differences between parental stances
 - Depression can be a big factor in disrupting this process
 - Counseling may be in order... for either parent or child

