

Behavior Management and Social-Emotional Development

Parenting, Discipline and the
Oppositional Child

The ESE Parent Advisory
St. Johns County School District

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Parenting & Discipline

- Goals of Parenting:

- 1)Happy Childhood

- 2)Successful Academic Experience

- 3)Independence in Adulthood

Parenting & Discipline

- Basic Ground Rules:
 - We are not here to raise children
 - Children do not need us to be their friends
 - If you are worried about whether your child “likes” you or not you have a conflict of interest

Parenting & Discipline

- Atul Gawande
 - *“The Checklist Manifesto”*
 - Anesthesia-
 - took < 2month to be in every national capital
 - See the results immediately
 - Antiseptic Practices took several decades
 - Wait extended time to see the results

Parenting & Discipline

- Atul Gawande

(my extrapolation)

- Behavior should be considered a Public Health issue

- Have to do the difficult work of delayed gratification- not the short term work of immediate fix

Parenting & Discipline

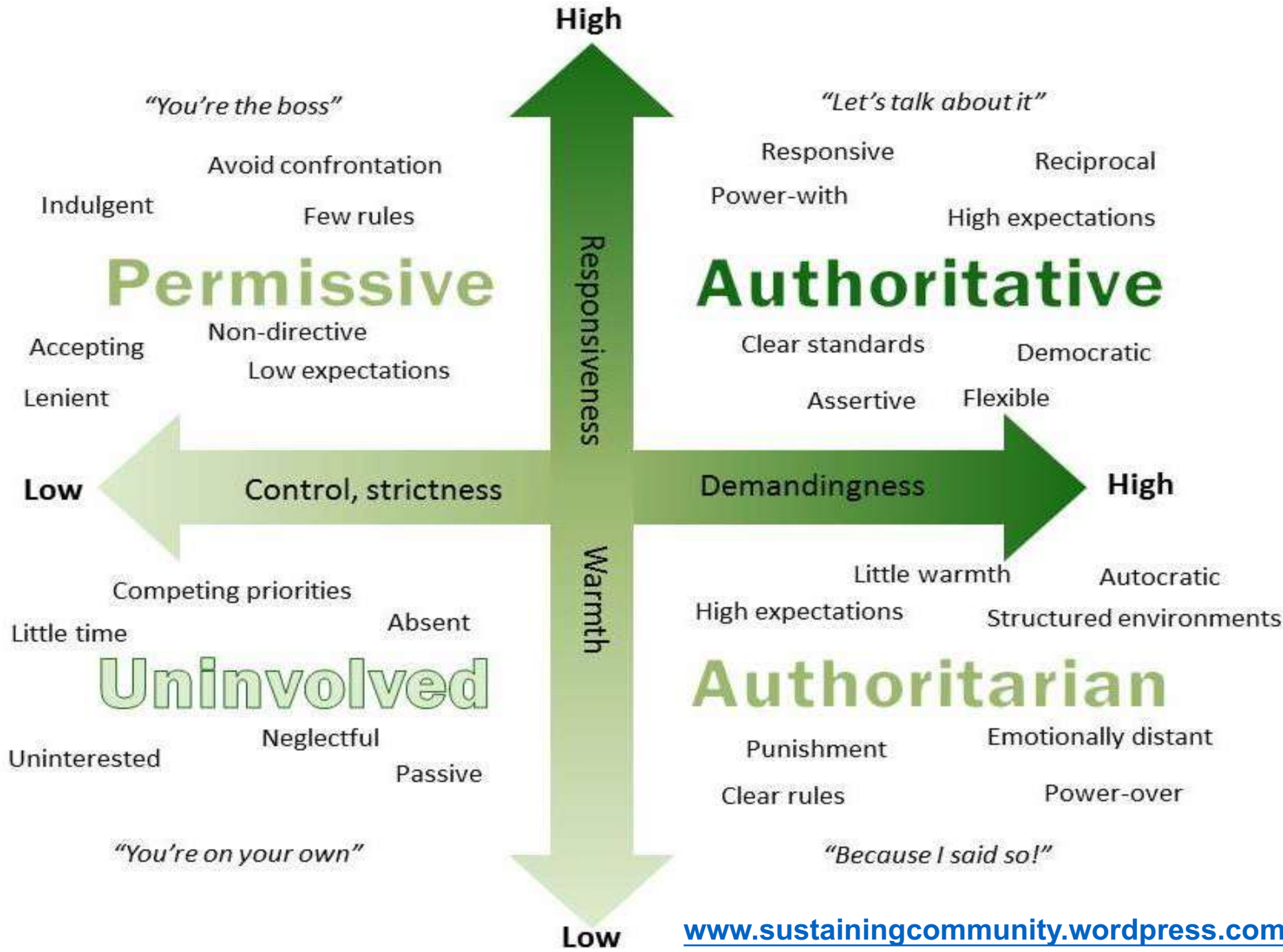
- Discipline:
 - Does NOT mean “to punish”
 - It means “to teach”
 - We are here to teach our children to be competent member of adult society

Parenting & Discipline

- There is NO medication to “make a child behave”

Parenting & Discipline

- Parenting and Leadership
 - Not an innate ability
 - Skills and Tools



Parenting & Discipline

	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	Authoritative Parenting Relationship is reciprocal, responsive; high in bidirectional communication	Authoritarian Parenting Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	Permissive Parenting Relationship is indulgent; low in control attempts	Rejecting-Neglecting Parenting Relationship is rejecting or neglecting; uninvolved

Parenting & Discipline

AGE	Freud	Piaget	Erickson
0-1yo	Oral	Sensomotor	Trust/Mistrust
1-2½-3 yo	Anal	Pre-operational	Autonomy vs. Shame
3- 5-7 yo	Phallic	Pre-operational	Initiative vs. Guilt
6-12 yo	Latency	Concrete	Industry vs. Inferiority

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Parenting & Discipline

AGE Freud (5 stages)

0-1 Oral Oral exploration, Thumb sucking, biting, breastfeeding

1-3 Anal Toileting, Stool withholding, CONTROL

3-6 Phallic Conflict between erotic attractions, resentment, rivalry, jealousy
Tied to identification with same sex parent

6-12 Latency Libido is dormant:
energy channeled into developing new skills/acquiring new knowledge

Parenting & Discipline

AGE Piaget- Cognitive Development (4 stages)

0-2 Sensomotor Object permanence and mobility

2-3 Pre-operational Think symbolically, egocentric

3-7 Pre-operational

7-11 Concrete Operational Thought (work things out internally- numbers, mass, weight, conservation)

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AGEErickson - Psychosocial Stages (8 stages)

0-1Trust/MistrustHope, is the world safe?

1-3Autonomy vs. ShameWill, Independence,
ambulation (away from mother)

3-6Initiative vs. GuiltPurpose, asserting self, social interaction

6-12Industry vs. InferiorityCompetency, academics, athletics

Parenting & Discipline

- Developmental Concepts
 - Developmental Rates
 - Receptive versus Expressive Language

Parenting & Discipline

- Behavior:
 - Parenting issue?
 - Language Delay?
- Internal Monologue

Parenting & Discipline

- Behavior = Language Delay?
 - Internal Monologue
 - Behavior
 - Attention Span
 - Judgement/Common Sense
 - Social Interactions
 - Self-Control vs Tantrums

Parenting & Discipline

- 1's Happen at 1
- 2's Happen at 2
- 3's Happen at 3

Parenting & Discipline

ExpressiveReceptive

- 1 yo “mama/dada” gestured “give”

1-2 word vocabulary (1 step)

“1” finger point

☐ 2yo 2 word syntax 2 step

1/2 understood commands

(50 word vocabulary)

2 person

(parallel) play

Parenting & Discipline

ExpressiveReceptive

- 3yo 300-500 word vocabulary

“WH”answer “WH”

1° **(3)** colors 1° **(3)** colors 3-5 word syntax, “2 to 3” from

3 person pronouns a group 3/4 understood

- 4yo4/4 (100%) understood “4” from 3-4 connected syntax a group

Parenting & Discipline

- Family Issues:

The individual (with disabilities) is best understood within the context of his/her family

Parenting & Discipline

- Family Issues:

SES
Cultural background
Family support
Marriage
Siblings
Transitions

Parenting & Discipline

- Family Issues:

Every family has stressors;

The family including the child with disabilities will have additional difficulties and frustrations

Parenting & Discipline

- **Oppositional Defiant Disorder (DSM-IV)**
 - often loses temper
 - often actively refuses to comply
 - often deliberately annoys
 - often touchy or easily annoyed
 - often argues with adults
 - often spiteful and vindictive
 - often angry and resentful
 - often blames others

Parenting & Discipline

- Oppositional Defiant Disorder (DSM-IV)
 - It is a “Parent-made” diagnosis.

Parenting & Discipline

- Oppositional Defiant Disorder (mine)

- 3 things about ODD

- 1st
- 2nd
- 3rd

Parenting & Discipline

- Children crave structure,

AND limits

(they just don't know it)

(yet)

Parenting & Discipline

- Children crave structure,

AND limits

(Consistency in Parenting!!)

Parenting & Discipline

Slot Machines

(intermittent variable reinforcement)

(video games)

(rats and mazes)

Parenting & Discipline

- Most children know a thing or two about intermittent reinforcement. When a parent says "no" to a fabulous new toy the child will often keep asking until they are sure that "no" really means "no".

<http://outofthefog.website/what-not-to-do-1/2015/12/3/intermittent-reinforcement>

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- They have learned that sometimes "no" means "not yet" and that if they nag enough, clean their room enough or throw a big enough tantrum, they will get what they want. In this case, the random event is the parent's decision and the intermittently reinforced event is the asking.

<http://outofthefog.website/what-not-to-do-1/2015/12/3/intermittent-reinforcement>

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- Most experienced parents learn that once they say "no" they have to stick with it, even if they change their mind later, because if they change their mind under pressure, what the child will learn is that nagging works and they will nag even more next time.

<http://outofthefog.website/what-not-to-do-1/2015/12/3/intermittent-reinforcement>

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- When we see a child who will not take "no" for an answer from a parent, we often say "that child is spoiled" but we should really say:

"That child has been intermittently reinforced!"

<http://outofthefog.website/what-not-to-do-1/2015/12/3/intermittent-reinforcement>

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Parenting & Discipline

- Stockholm Effect
 - Framework
 - Push out to grow
 - Need to maintain vs broken nose
 - Expand over time

Parenting & Discipline

- Positive

90-95%

AND

- Negative Components

5-10%

Parenting & Discipline

	<u>Rewarding</u> (pleasant) stimulus	<u>Aversive</u> (unpleasant) stimulus
Adding/Presenting	Positive Reinforcement	Positive Punishment
Removing/Taking Away	Negative Punishment	Negative Reinforcement

Parenting & Discipline

- Frontload the Mutual Fund

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- Negative Reinforcement:
 - Consistency
 - Instantaneous

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- FOUR Targets to Extinguish (4 “no-no’s”)

- 1) Can't say “no”

- 2) Can't be disrespectful/”blow-off parent

- 3) Can't argue

- 4) No aggression

Parenting & Discipline

- Positive Punishment
(not 'negative reinforcement')
 - Not corporal punishment
 - Time out
 - Not bedroom
 - Toys
 - Wal-Mart
 - 'Cave'
 - Nose on corner

Parenting & Discipline

- Positive Punishment

(not 'negative reinforcement')

- Not corporal punishment

- Time out

- Who decides if child goes to timeout?

Parenting & Discipline

- Positive Reinforcement
 - Rights versus Privileges
 - Token Economies
 - Privileges earned
 - Consistency

Parenting & Discipline

- Token Economies
 - Smiley Faces → Dollar Store
 - Job (time tokens) → Privileges

Parenting & Discipline




















- Complete every task =
full privilege time until bedtime

- Time out several times =
bedtime before spending all privileges (zero bank account each evening)

Parenting & Discipline

- Time out several times =
bedtime before spending all privileges (zero bank account each evening)
- Who decide if child is allowed to watch TV?

Parenting & Discipline

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM home							
AM							
PM					14		
PM home							
Eve							

Parenting & Discipline

- “You will function in society at the level of your (RECEPTIVE) Language.” Arnold Capute, MD