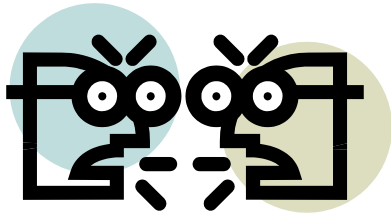


Parent Traps



Accidental Rewards for misbehaviour

- Attention
- Treats
- Enjoyable activities
- Avoiding disliked activities



Escalation Traps

- child escalates and gets their way
- parent escalates and gets their way

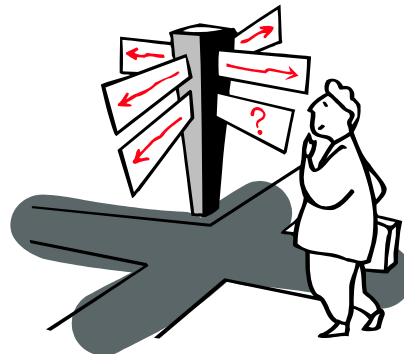
Ignoring desirable behaviour



Children copy parents' bad habits

The way instructions are given

- too many
- too quick
- too few / vague
- too hard
- bad timing
- how it is phrased, e.g. phrased as a question
- confusing body language

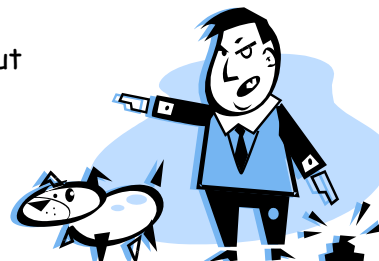


Emotional Messages

- name calling or put downs
- messages that make the child feel guilty

Ineffective use of discipline

- consequence threatened but not carried out
- consequence not immediate enough
- waiting until behaviour is unbearable
- consequences are not given consistently



Unhelpful Beliefs and Expectations

- "It's just a phase"
- "They're doing it on purpose / to upset me"
- "It's all my fault that they behave this way"
- "It's all someone else's fault"
- Parent expects too much / little of the child