

## Planned Ignoring

Planned ignoring works well for minor behaviour problems that are only being done to get a reaction or some attention, e.g. whining, tantrums, mild name-calling, rude noises. It works well with children aged 1-8 years.

Remember:

- Give your child **NO** attention. Don't look at or talk to them.



- Keep your body language and facial expressions neutral.



- The child may escalate / increase the behaviour at first to try to get your attention.



- to help you ignore the behaviour you can
  - imagine you are protected by a 'force-field' or invisible shield



- put on some music



- turn away or move to another room



- take some slow, deep breaths



- tell yourself: if I ignore it this time, it is far less likely to happen again



- As soon as the problem behaviour stops, **PRAISE** the child and give them your attention.



Important! Only use ignoring if you are *sure* that you can ignore the behaviour until it stops. Otherwise the child will learn to really escalate the behaviour the next time to get your attention.