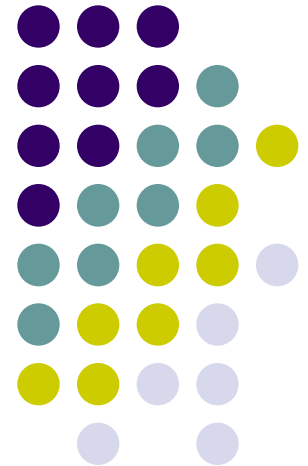


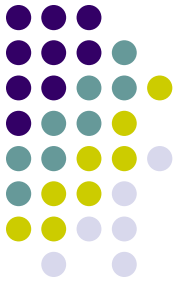
Parenting strategies for young children.

Rick Jarman

Consultant Paediatrician

Specialist in Developmental and Behavioural Paediatrics
Royal Children's Hospital Melbourne Australia





Children are out of control, says Spock

By CHRIS OLIVER WILSON,
London, Sunday

Dr Benjamin Spock marked the 50th anniversary of his seminal work, *Baby and Child Care*, with a new warning that "a lot of children are out of control".

The 93-year-old American recognises that despite more than 40 million sales of his book, parents still feared unruly offspring.

"The world is dangerous in the sense that a lot of children are out of control," he said.

"Certainly there are a lot of teenage pregnancies and a lot of crime caused by teenage children, more than when I first became a paediatrician.

"It's not that there has been a breakdown in the majority of families. But children take advantage where the parents have lost conviction about how they should raise their children. A lot of parents have lost the ability to decide what is the right thing and how to be firm."

Dr Spock's famous manual was published 50 years ago next week. A seventh edition of the book has just been published, which includes additional sections on homosexuality and Aids.

The famed book starts with the words: "Trust yourself. You know more than you think you do." Preaching a child-rearing creed of love, tolerance and common sense, it became a surprise hit and influenced generations of parents.

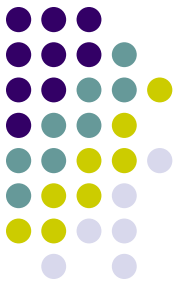
Most memorably, Dr Spock said mothers should feed their babies on demand rather than at regimented four-hour intervals, and parents should avoid physically admonishing their children.

"They said babies should be fed on the dot, every four hours, even if they woke an hour early and cried," he said.

"There was a psychologist at the time who said, 'Don't hug or pick your child up' . . . I thought this was pompous and unnatural."

—Sunday Telegraph





What builds a happy, stable child

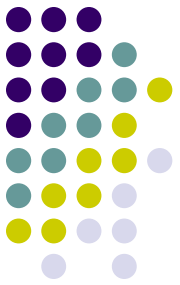
- Secure early emotional attachment
- Unconditional love and affection
- Reliable, dependable, consistent parenting
- Clear rules, limits and consequences
- Opportunities to shine
- Opportunities to feel useful
- Opportunities to make choices
- Opportunities to accept responsibility
- Encouragement to take risks
- Encouragement to feel OK about failure
- Feeling valued by ones peer group



FOURTH ROW
THIRD ROW
SECOND ROW
FRONT ROW

Max Kirwan, Ben Jackson, Tyrone Lang, Daniel Krmpotic.
Peter Lamont (Auskick Co-Ordinator), Dennis Hemphill (Boundary Umpire), Lauren Brazzale, Drew El Moussalli, Aaron Lombardo, Nick Vlastuin, James Hawking, Michael El Moussalli (Trainer), Max Kirwan (Sponsor).
Gordan Hawking (Goal Umpire), Matthew Sandalis, Nathan Chrimes, Daniel Patrick, Sam Mallard, Adrian Sargent, Jack Jarman, Nathan Stewart, Chris Vlastuin (Boundary Umpire).
Dave Jackson (Runner), Ben Smith, Mark Gaylard, Oliver Hemphill, Trevor Chrimes (Team Manager), Rick Jarman (Coach), Ian Sargent (Coach),

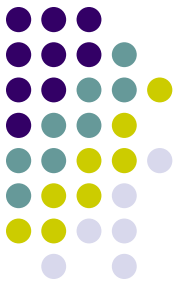
What causes difficult behaviour



- Transactional model of child development suggests behaviours are the result of the ongoing interaction between qualities within the child and qualities within the environment
- Behaviour problems in preschoolers can mask underlying developmental problems

WHAT IS NORMAL?

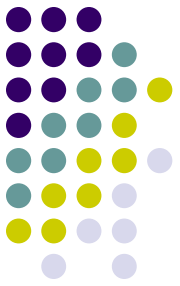
BEHAVIOUR	AGE 2 %	AGE 3 %	AGE 4 %
Eats too little	50	26	37
Resists going to bed	70	46	56
Night-time waking	52	52	56
Wets bed at night	82	49	26
Hits others or takes things	68	52	46
Stubborn	95	92	85
Disobedient	82	76	78
Constantly seeks attention	94	48	42
Whines and nags	83	65	85
Active, hardly ever still	100	48	40



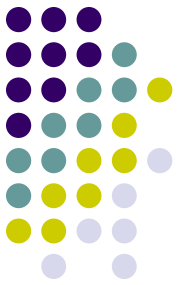
Principles of behaviour management

- Stabilise routines
- Provide special time
- Praise and reward positive behaviours
- Prioritise difficult behaviour
- Ignore minor difficult behaviours
- Immediate consequences for major difficult behaviours
- Minimise talking at time of misbehaviour

Praise



- Eye contact
- Get close physically
- Touch
- Make praise immediate
- Praise the behaviour not the child

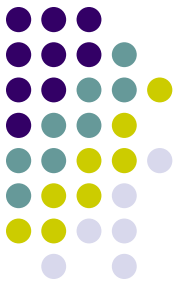


Rewards

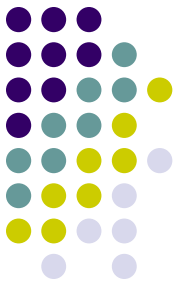
- Rewards should be used in brief intense bursts, not continued infrequently for long periods of time
- Options:
 - Green marks
 - Stickers or stamps on hand
 - Sticker charts
 - Points charts
 - Random rewards

ALAN'S GOOD BOY CHART.

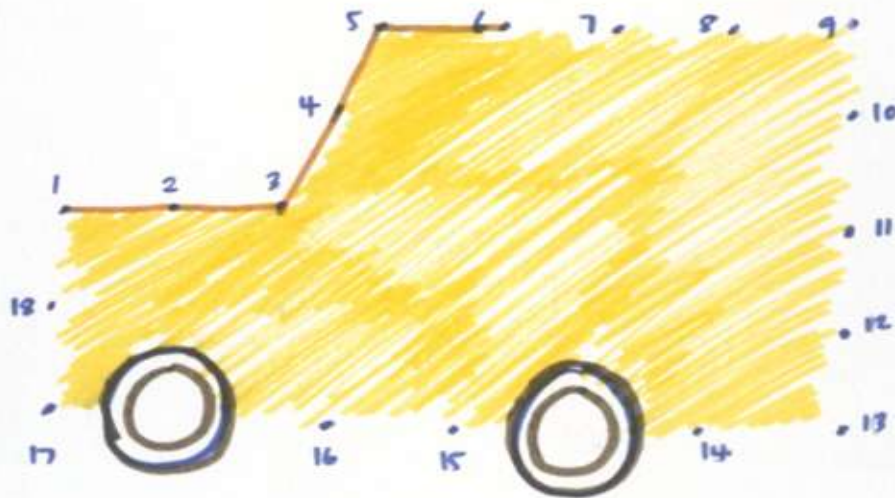
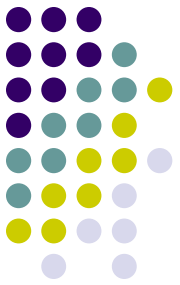




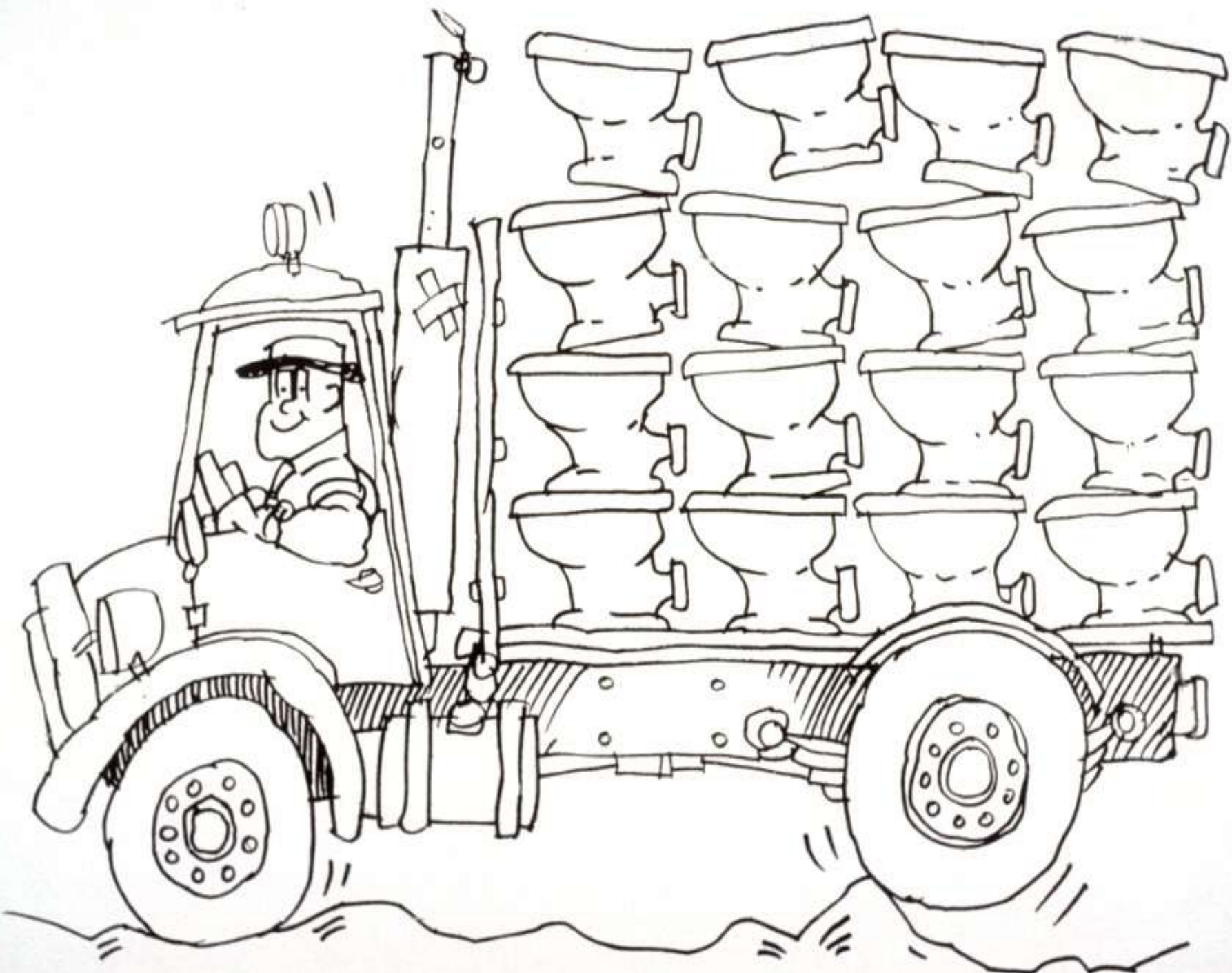
JOHN'S GENTLE BOY CHART



SUE'S DOING WHAT MUM & DAD SAY STRAIGHT AWAY CHART



(JOIN THE DOTS)
{ AND GET THE
SURPRISE! }







ENCOURAGEMENT AWARD
KARATE 1996



BEST PUNCH

Signature

A handwritten signature in blue ink, appearing to be "J. J. J."

Date

6-8-96



Certificate of Achievement

BEST DOCTOR



Presented To:

DR JARMAN

VICTORIA HATFIELD

Awarded by

9-6-98

Date

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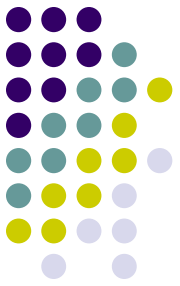
Brush Brush Brush

Goodnight

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1. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$

Ignoring



- Look away
- Walk away
- Go into another room and busy yourself with something else
- Lock yourself in the bedroom, toilet or car if necessary
- Pay attention and praise the child the second the misbehaviour stops

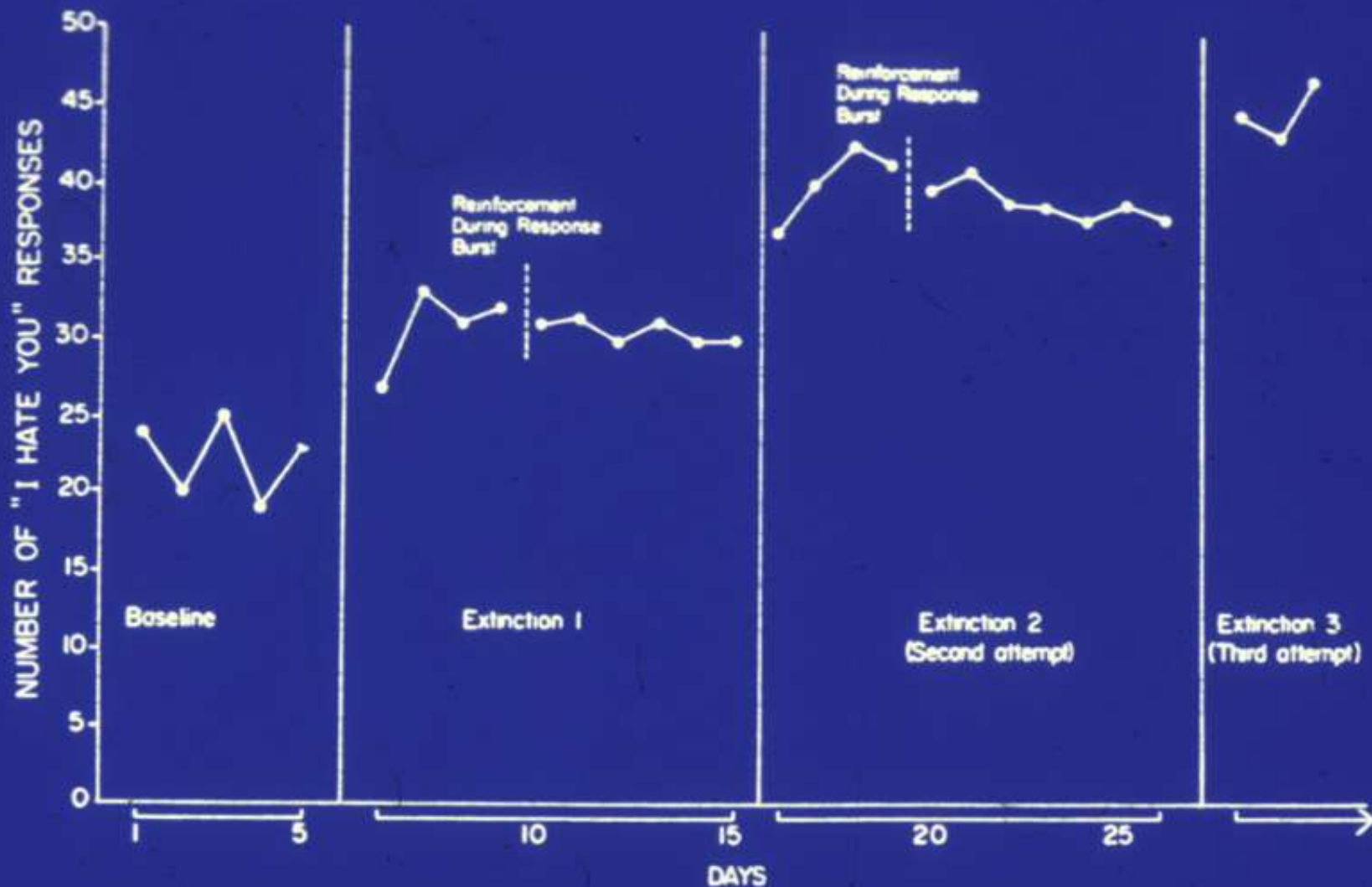


FIG. 2. Number of "I hate you" responses across days observed. The extinction procedure which was unsuccessful is reintroduced. However, the response burst is again reinforced, beginning a chain reaction.

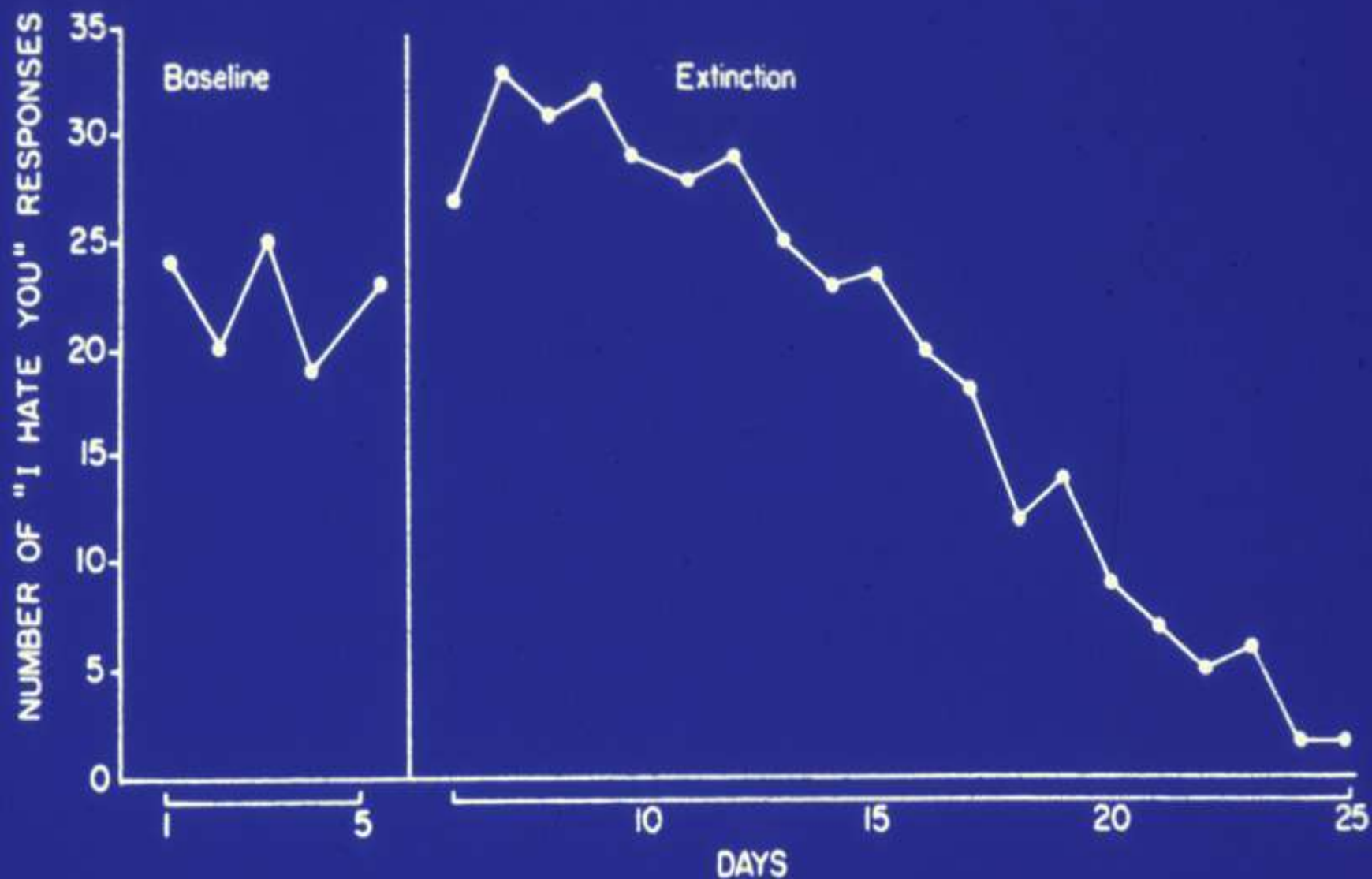
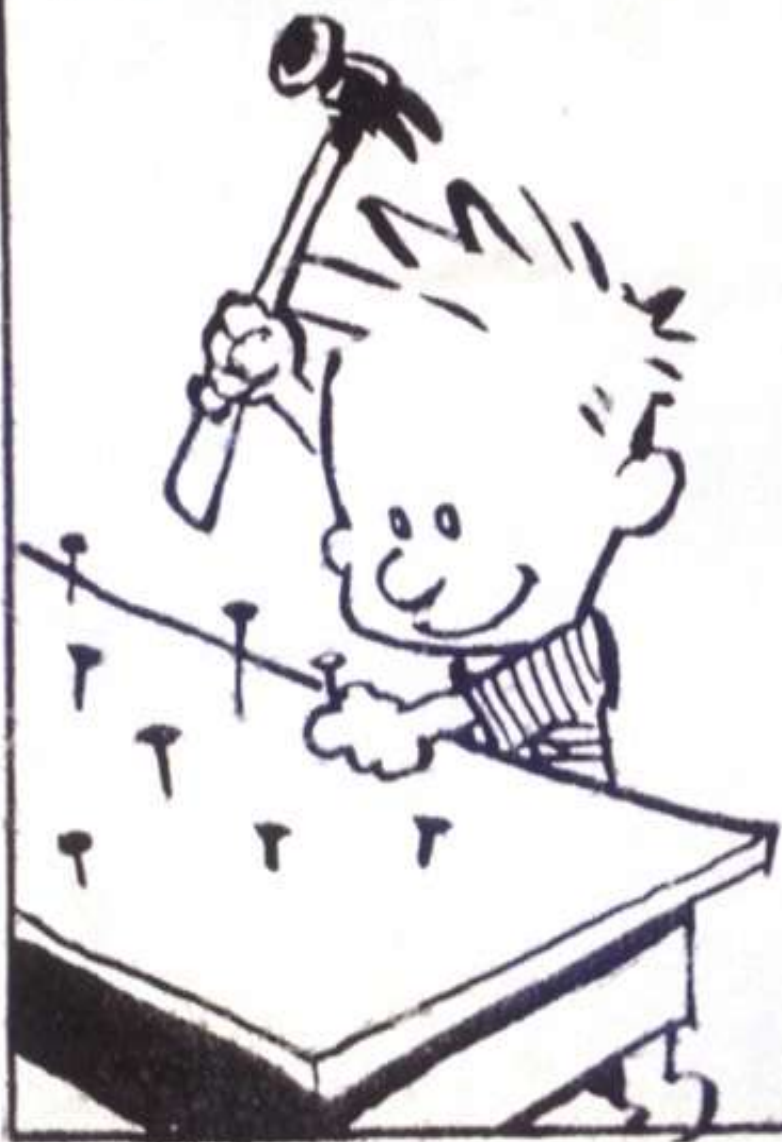


FIG. 1. Number of "I hate you" responses across days observed in baseline and extinction phases. Extinction procedure is carried out correctly.

WAP WAP WAP



CALVIN! WHAT ARE
YOU DOING TO THE
COFFEE TABLE ?!/?



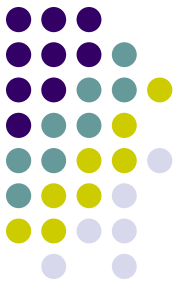
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IS THIS SOME SORT OF
TRICK QUESTION, OR WHAT?

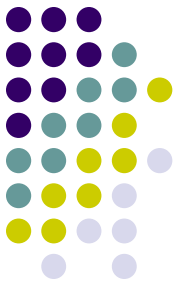


Consequences



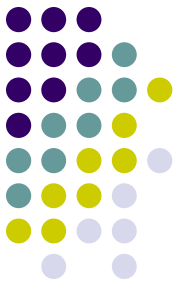
- Time out
- Withdrawal of privileges

Time out

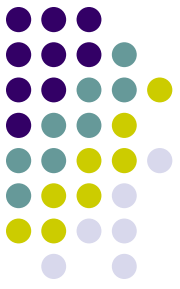


- Playpen vs chair vs bedroom vs laundry vs outside the back door
- Act immediately, 321 countdown, Time out!
- At home, time out should involve isolation
- Outside the home, parent should stand aside with child, restraining them if necessary, but otherwise avoiding eye contact and not talking
- Maximum 1 min per year of age





Withdrawal of privileges



- For example, loss of toy, missing out on treat, early to bed, grounding, no TV/playstation etc
- Act immediately, 321 countdown. Bang
- Withdraw without delay, over within 24 hours
- Vary the item being withdrawn
- Punishment is about symbolism not about making the child suffer. Don't worry if the child doesn't care or seem to be upset.

Skeleton boat mystery

SEVEN barrels of bones have been discovered on a refugee boat forced ashore in Malaysia.

The 10 Vietnamese on board say the 30 skeletons are the remains of American servicemen killed during the Vietnam War. With the bones are metal tags bearing names and military units.

A Malaysian newspaper report suggested the boat people were trying to take the skeletons to the US embassy in Singapore to gain refuge in the US and collect cash rewards.

The US says it wants to test the remains.

Report, Page 3

50c

MORE THAN 1.5 MILLION READERS A DAY

McBarnes, Thurs., June 14, 1990 Phone 652 1311 (Classified 652 2323)

WEATHER City: Fine. Expected top 15. Yesterday 15. Details, Page 38

SUPER CITY JOLT



MFP outcry cripples bid

VICTORIA appears to have lost any chance of winning the \$7 billion-plus 'City of the Future' project.

The state's hopes are bolstered by a lack of support from the Cain Government.

Australian project organisers today will select the main site of 'hub' for the Multi-Function Point.

Their decision will be announced tomorrow.

But sources say Victoria's bid has been crippled by resistance within the Government, particularly through the Socialist Left party.

The MFP as an official Japanese-dominated enclave.

Adelaide and Brisbane are now considered much more likely to be chosen as the hub of the project.

Adelaide has emerged with a surprisingly strong chance, but the Gold Coast is also considered a strong contender.

The futuristic city will bring together foreign capital and technology in a special urban city.

The State Government last night would not



By Sun man
PETER
WILSON
in Tokyo

comment on suggestions that Victoria was out of the race.

Government sources said the Docklands project — the site named in Victoria's MFP bid — would go ahead regardless of whether Melbourne is selected.

The pressure from the Left and unions — some demanding the Government cut all ties with the project — has apparently led the Government to view the project as a political minefield.

And attacks from other critics, including anti-Japanese figures such as MFL state president Bruce Ruxton, are believed to have hampered Melbourne's selection chances.

Mr Ruxton, who is in Canada, has described the MFP as something which would 'bet the farm'.

'This will be a vehicle for Japanese immigration,' Mr Ruxton said.

'The Japanese will run it, control it and gain most of the benefits.'

State opposition has continued despite repeated Federal Government assurances that the MFP will not become an enclave.

Yesterday the state workers gave the project the thumbs down and last night the MFL said there were too many unanswered questions for the MFP to be established anywhere in Australia.

MFL state secretary John Deighton said details of the project have been kept secret and most Australians know little about it.

Asked whether he was pleased Victoria's chances of getting the MFP appeared to be fading, Mr Deighton said: 'No, because it shouldn't be going anywhere until people have been consulted.'

'The whole thing has been too secretive.'

'We'd like to know who's involved, how much Australian investment there will be in it and how will it affect our immigration policy.'

Continued Page 2

A royal wallop

From our

London bureau

A SCHOOL sports day ended in tears for Prince William after Princess Diana smacked him on the bottom in full view of spectators yesterday.

DI, who minutes earlier raced barefooted against 12 other mothers, was not in the mood for misbehaviour from the seven-year-old royal.

When he defied her orders and ran off to play with friends from Wellesley School in North London, DI was forced to give chase.

In front of a crowd of onlookers she grabbed



the tearaway and smacked him firmly.

'She followed him on to the field, caught up with him and gave him a sharp smack on the backside,' said photographer Jim Bennett.

'William just started crying. The princess was clearly angry.'

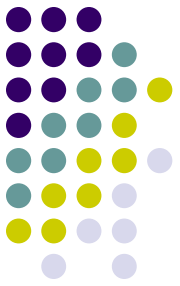
The young prince was then ordered into the back of the family saloon and driven back to Kensington Palace.

Back on the running track, Prince Charles had fared no better than DI. He lined up against 13 other dads, took off his jacket and dashed off. At the finishing line he, like DI, was one of the last in.

But the royal tickling-off has already sparked a public debate on whether parents should smack their children.

'It's a pity someone in her position should get such a poor example,' said psychologist Penelope Leach.

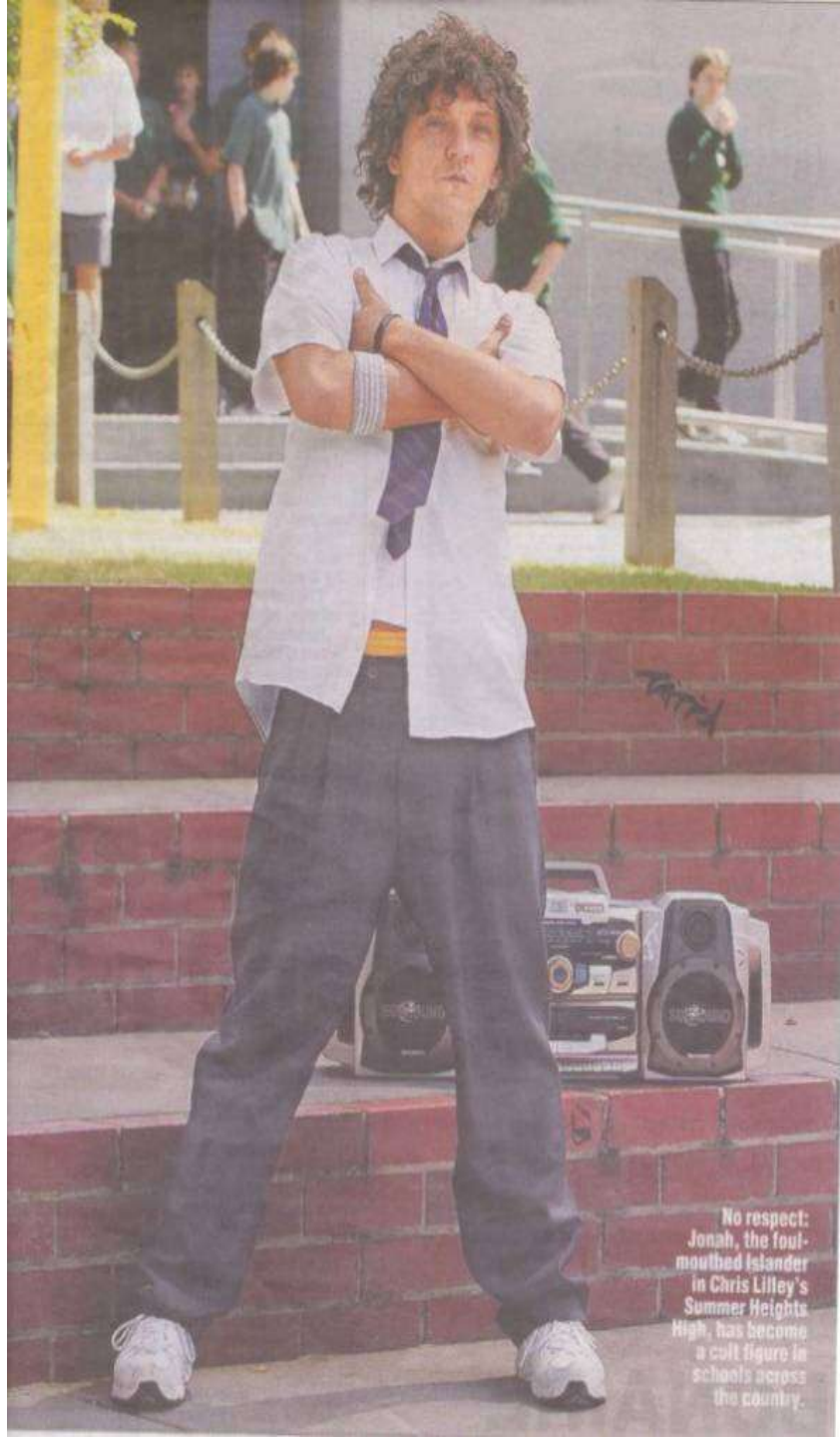
Summary



- Parenting is tough, no one finds it easy
- Children crave routine and sameness
- Special time with each child each day
- Increase praise and rewards when things are bad
- Walk away more when things are bad
- Speak quietly and avoid reasoning at the time of misbehaviour
- Ignore minor irritating behaviours
- Impose consequences calmly, quickly, and firmly
- Pay attention to social interaction as important determinant of happiness in children







No respect:
Jonah, the foul-
mouthed islander
in Chris Lilley's
Summer Heights
High, has become
a cult figure in
schools across
the country.

