

How to Handle Junky Behavior – Pivot and Praise

Follow these steps when your child is doing something annoying or disrespectful, but not dangerous. For example, you can use these steps for things like whining, rolling their eyes at you, making bodily-function noises, or teasing a sibling.

1. Don't comment on the annoying behaviors
2. If there's another person in the room doing the right thing, compliment them.

“Sally, great job using a polite voice at the dinner table.”

3. If the original child stops doing the annoying thing, notice and compliment them immediately for doing the right thing!

“Jimmy, I really like how nice and polite you're being.”

If there isn't another person in the room, only do steps 1 and 3. Just wait it out and give your child specific attention for the right behavior as soon as they stop the annoying behavior.