

# Four Goals of Misbehaviour

The Child's Goal	Parent Feels...	Parent Reacts...	Child's Response	Child's Belief Behind the Behaviour	Hat Message	What the parent can do.....	
Undue Attention  (to keep others busy or to get special service)	<ul style="list-style-type: none"> <li>Annoyed</li> <li>Irritated</li> <li>Worried</li> <li>Guilty</li> </ul>	<ul style="list-style-type: none"> <li>Reminding</li> <li>Coaxing</li> <li>Doing things for the child he/she could do for him/herself</li> </ul>	<ul style="list-style-type: none"> <li>Stops temporarily, but later resumes same or another disturbing behaviour</li> </ul>	<p>I count (belong) only when I'm noticed or getting special service</p> <p>I am only important when I'm keeping you busy with me</p>	<p>Notice me, involve me.</p>	<ul style="list-style-type: none"> <li>I will be available to spend some time with you when I am finished here.</li> <li>Redirect by assigning a task so the child can gain useful attention</li> </ul>	<ul style="list-style-type: none"> <li>Avoid special service</li> <li>Plan special time</li> <li>Set up routines</li> <li>Use problem solving</li> <li>Encourage family meetings</li> <li>Touch without words</li> <li>Ignore</li> <li>Set-up non-verbal signals</li> </ul>
Misguided power  (to be the boss)	<ul style="list-style-type: none"> <li>Provoked</li> <li>Challenged</li> <li>Threatened</li> <li>Defeated</li> </ul>	<ul style="list-style-type: none"> <li>Fighting</li> <li>Giving in</li> <li>Thinking "You can't get away with it"</li> <li>"I'll make you"</li> <li>Wanting to be right</li> </ul>	<ul style="list-style-type: none"> <li>Intensifies behaviour</li> <li>Defiant compliance</li> <li>Feels s/he's won when parent is upset</li> <li>Passive power</li> </ul>	<p>I belong only when I'm boss, in control or proving no one can boss me</p> <p>"You can't make me"</p>	<p>Let me help, Give me choices</p>	<ul style="list-style-type: none"> <li>Redirect to positive power by asking for help</li> <li>Offer limited choices</li> <li>Don't fight and don't give in</li> <li>Decide what you will do</li> <li>Withdraw from the conflict (drop the rope)</li> </ul>	<ul style="list-style-type: none"> <li>Be firm and kind</li> <li>Act, don't talk</li> <li>Let routines be the boss</li> <li>Leave and calm down (your own positive time out)</li> <li>Develop mutual respect</li> <li>Set reasonable limits</li> <li>Follow-through</li> <li>Encourage</li> <li>Use family meetings</li> </ul>
Revenge  (to get even)	<ul style="list-style-type: none"> <li>Hurt</li> <li>Disappointed</li> <li>Disbelieving</li> <li>Disgusted</li> </ul>	<ul style="list-style-type: none"> <li>Retaliating</li> <li>Getting even</li> <li>Thinking: "How could you do this to me?"</li> </ul>	<ul style="list-style-type: none"> <li>Retaliates</li> <li>Intensifies</li> <li>Escalates the same behaviour or chooses another weapon</li> </ul>	<p>I hurt others as I feel hurt</p> <p>I can't be liked or loved</p>	<p>Help me, I am hurting</p> <p>Acknowledge my feelings</p>	<ul style="list-style-type: none"> <li>Acknowledge hurt feelings</li> <li>Avoid feeling hurt</li> <li>Avoid punishment and retaliation</li> <li>Build trust (what messages are you sending)</li> </ul>	<ul style="list-style-type: none"> <li>Use reflective listening</li> <li>Share your feelings</li> <li>Make amends</li> <li>Show that you care</li> <li>Act, don't talk</li> <li>Encourage strengths</li> <li>Put kids in the same boat</li> <li>Use family meetings</li> </ul>
Assumed Inadequacy  (to give up and be left alone)	<ul style="list-style-type: none"> <li>Despair</li> <li>Hopeless</li> <li>Helpless</li> <li>Inadequate</li> </ul>	<ul style="list-style-type: none"> <li>Giving up</li> <li>Doing for</li> <li>Over helping</li> </ul>	<ul style="list-style-type: none"> <li>Retreats further</li> <li>Passive</li> <li>No improvement, no response</li> </ul>	<p>I can't belong because I'm imperfect, so I will convince others not to expect anything of me</p> <p>I am helpless and unable</p> <p>It is no use trying because I won't do it right</p>	<p>Show me small steps</p> <p>Celebrate my successes</p>	<ul style="list-style-type: none"> <li>Break tasks down into small steps</li> <li>Stop all criticism</li> <li>Encourage any positive attempt</li> <li>Have faith in child's ability</li> <li>Focus on assets</li> <li>Don't give up</li> </ul>	<ul style="list-style-type: none"> <li>Set up opportunities for success</li> <li>Teach skills/show how, but don't do for</li> <li>Enjoy the child</li> <li>Build on his interests</li> <li>Encourage, encourage, encourage</li> <li>Use family meetings</li> </ul>

Adapted from: Positive Discipline for Preschoolers. Jane Nelsen, N.Y., Ballantine Books, 1996.