## **ORCA**

## A New View of Misbehaviour



Presented By:

Alyson Schafer

@AlysonSchafer | www.alysonschafer.com

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)	Annoyed     Irritated     Worried     Guilty	Reminding     Coaxing     Doing things     for the child     he/she could     do for     him/herself	Stops temporarily, but later resumes same or another disturbing behaviour	I count (belong) only when I'm noticed or getting special service I am only important when I'm keeping you busy with me	Notice me, involve me.	<ul> <li>I love you and will spend time with you when I am off the phone.</li> <li>Redirect by assigning a task so the child can gain useful attention</li> </ul>	Avoid special service     Plan special time     Set up routines     Use problem solving     Encourage family meetings     Touch without words     Ignore     Set-up non-verbal signals
Misguided power (to be the boss)	<ul><li>Provoked</li><li>Challenged</li><li>Threatened</li><li>Defeated</li></ul>	Fighting Giving in Thinking " You can't get away with it" "I'll make you" Wanting to be right	Intensifies behaviour     Defiant compliance     Feels s/he's won when parent is upset     Passive power	I belong only when I'm boss, in control or proving no one can boss me "You can't make me"	Let me help, Give me choices	<ul> <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>	Be firm and kind Act, don't talk Let routines be the boss Leave and calm down (your own positive time out) Develop mutual respect Set reasonable limits Follow-through Encourage Use family meetings
Revenge (to get even)	Hurt     Disappointed     Disbelieving     Disgusted	Retaliating     Getting even     Thinking:     "How could     you do this to     me?"	Retaliates     Intensifies     Escalates the same behaviour or chooses another weapon	I hurt others as I feel hurt I can't be liked or loved	Help me, I am hurting  Acknowledge my feelings	<ul> <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>	Use reflective listening Share your feelings Make amends Show that you care Act, don't talk Encourage strengths Put kids in the same boat Use family meetings

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Assumed Inadequacy (to give up and be left alone)	Despair     Hopeless     Helpless     Inadequate	<ul><li> Giving up</li><li> Doing for</li><li> Over helping</li></ul>	Retreats further     Passive     No improvement, no response	I can't belong because I'm imperfect, so I will convince others not to expect anything of me I am helpless and unable It is no use trying because I won't do it right	Show me small steps Celebrate my successes	Break tasks down into small steps Stop all criticism Encourage any positive attempt Have faith in child's ability Focus on assets Don't give up	Set up opportunities for success     Teach skills/show how, but don't do for     Enjoy the child     Build on his interests     Encourage, encourage, encourage     Use family meetings

UNDUE ATTENTION	POWER	REVENGE	ASSUMED INADEQUACY