

# ORCA

*Alternatives to Punishments & Rewards*










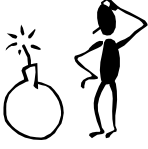
Presented By:





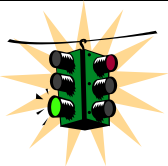
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## Actions

	<p><b>Natural Consequences</b></p> <p>Laws of nature are best taught by standing back and letting the child learn from Mother Nature herself. If you don't eat you get hungry, if you don't wear mitts you get cold hands. The consequences of our choices are understood quickly.</p>
<p><b>Related</b></p> <p><b>Respectful</b></p> <p><b>Revealed</b></p>	<p><b>Logical Consequences</b></p> <p>Laws of social order can be taught by applying logical consequences. They must be logical to the child and non-punitive. Use the 3 R rule so the consequences of our choices can be understood quickly.</p>
	<p><b>Calendar</b></p> <p>Eliminate power struggles by having your child be involved in the planning. Calendars can be used to indicate: meal planning choices, which parent is doing tuck-ins, bath nights, treat day, allowance day etc...</p>
	<p><b>Reflecting Feelings</b></p> <p>Feelings are facts, and feeling understood is a basic human need. Listen for both the content AND the feelings in your child's communication. State it back to them so they know you understand what they are experiencing.</p>

	<p><b>Positive Time-Outs</b></p> <ul style="list-style-type: none"> <li>• “Can you calm yourself or do you need to go?”</li> <li>• If the child chooses to act in ways that are unsafe and intrude on others peace and safety, they can be moved to a place close by that feels safe and peaceful in order to calm them self down.</li> <li>• No time limit – there is a standing invitation to come back as soon as the</li> </ul>
	<p><b>Timer</b></p> <p>Let a kitchen timer be the boss of time keeping to help reduce the child’s perception of the parent having external and arbitrary control over the child. Let the child set the alarm for themselves too</p>
	<p><b>Bathroom Technique</b></p> <p>If you can’t move a child to time out without a power struggle, it is time to move yourself to a positive time out. Try the washroom where you can lock the door till the house is calm again. Take a book and enjoy the well earned leisure time!</p>
	<p><b>Actions – Not Words</b></p> <p>Stop talking and DO some of these techniques. Drop the expectation that just asking, demanding and reminding should be enough to mobilize a child.</p>
	<p><b>Problem Solving</b></p> <p>Take a problem solving stance rather than a discipline stance. Name the problem and identify who owns the problem. Involve the child in as much of the problem solving as possible.</p>

	<p><b>Choices</b></p> <p>Offer up choice for your child so they are self-determining where possible. Remember no is a choice too! Watch the feet to see what choice the child made - not the words.</p>
	<p><b>Humour</b></p> <p>Lighten the mood and win co-operation by using humour.</p>
	<p><b>Family Meetings</b></p> <p>Social democracy states that every one should have a say in those decision that impact them (to their ability level). Create a forum where all members of the family have a say in how the family operates.</p>
	<p><b>A Novel Approach</b></p> <p>Do ANYTHING other than you first impulse as a reaction. It is that precise reaction that is the pay-off the child is expecting. By giving your expected response, you prove the child's (mistaken) approach is useful and effective. (Meaning #2 Pull out a book while you are waiting and trying NOT to be an audience to the behaviour. This really works to "disengage" you).</p>
	<p><b>Non-Verbal Signs</b></p> <p>Replace words with signals as a more respectful way to win cooperation.</p> <p>"Touching my nose is a signal that we are getting too loud for the table"</p>

	<p><b>Redirection</b></p> <p>Redirect the child to a more suitable way of behaving. “Crayons are for paper – here is where you need to be drawing”</p>
	<p><b>Ignore</b></p> <p>Ignore the negative bids for attention by not giving your negative attention in the form of reminding, coaxing, correcting and doing for. Caution: ignore the behaviour NOT the child. In fact, give twice the attention when it is NOT being demanded.</p>
	<p><b>Catch ‘em Being Good</b></p> <p>Notice the behaviours that you would like to be seeing more of and comment! You can only build on strengths. Every person has talents that an adult can find and help magnify.</p>
	<p><b>Allowance</b></p> <p>As soon as your child becomes demanding and you begin having issues arise around purchases (candies at the check out, Macdonald’s toys etc...) it is time to start giving your child a small allowance. When children manage their own money, you no longer are perceived as having “arbitrary” control over the child and power struggles can be avoided.</p>
	<p><b>How and What Questions</b></p> <p>Explore the person’s thinking using what, why and how questions that</p>

	avoid shame and blame. Use open-ended questions instead of ones that can be answered with a “yes” or “no” answers that block communication.
	<b>“I-Statement”</b>  I feel ____, when you _____. I’d rather you _____ because _____.