

Stop and Start Behaviours

- ✓ 1-2-3 Magic looks at 2 types of behaviours:

Stop behaviours and **Start** behaviours

- ✓ If you are experiencing problems with your child's behaviour, it is likely because you either want them to **Stop** something or **Start** something!



Stop behaviours include:

Yelling	Temper tantrums
Talking back	Arguing
Whining	Screaming
Breaking rules	Bad language
Teasing	Pouting

Start behaviours include:

Keeping good hygiene	Tidying
Getting up on time	Doing homework
Showing respect	Practising a skill
Eating well	Going to bed on time

Counting Stop Behaviours

- ✓ 1-2-3 Magic can be used to discourage **Stop** behaviours using a 1-2-3 counting system:



If your child misbehaves, **calmly** say "That's 1."



If the misbehaviour continues, **calmly** say "That's 2."



If the misbehaviour still continues, say "That's 3. Time-out."

- ✓ The time-out means your child spending a few minutes away from their chosen activity, such as a quiet area.
- ✓ Length of time-out = **1 minute for each year** of the child's age, up to a maximum of 15 minutes.
- ✓ If your child refuses, tell them to choose either time-out, loss of a privilege, a small chore, or earlier bedtime etc.
- ✓ If the behaviour is severe, give the child a straight 3 and use time-out.

Encouraging Start Behaviours

- ✓ 1-2-3 Magic can also be used to encourage **Start** behaviours:

- ✓ Use positive reinforcement, e.g. "Thank you for tidying your room."



- ✓ Praise your child when it's unexpected and in front of others.

- ✓ Use rewards, such as stickers or activities they enjoy.



- ✓ Spend time with them on an activity of their choice.

- ✓ Model the behaviour you would like them to follow.



Before starting the programme you should agree with your child what **Stop and Start behaviours** are:

- ✓ With your child, agree on no more than 3 or 4 Stop and Start behaviours.
- ✓ Explain to your child what the counting means and what will happen if they misbehave.
- Remember, time-out should not be seen negatively or as a punishment, but to let the child know that 'no' means 'no'.

About 1-2-3 Magic

Extra Help

- ✓ 1-2-3 Magic is a behavioural management programme for parents and carers, developed by clinical psychologist Thomas Phelan, Ph.D.

- ✓ 1-2-3 Magic is a parent-in-charge programme that eliminates conflict and losing temper.

Benefits of 1-2-3 Magic:

- ✓ Raises children's and parent's self-esteem.
- ✓ Helps parents and children develop strategies to moderate their behaviour.
- ✓ Restores the equilibrium of family life.
- ✓ Leaves more time for the enjoyable things in life.

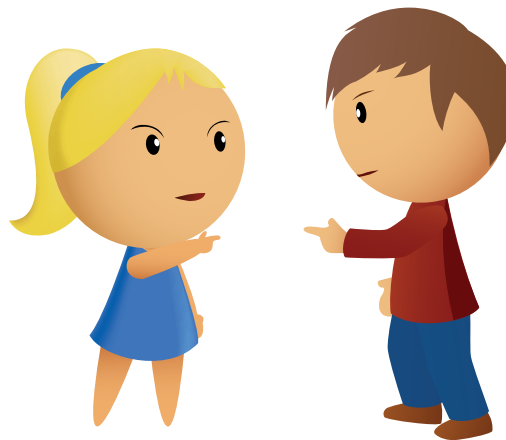
According to 1-2-3 Magic the job of parenting consists of 3 tasks:

- ✓ Controlling poor behaviour (such as arguing, fighting, tantrums).
- ✓ Encouraging good behaviour (going to bed on time, doing homework, eating properly).
- ✓ Strengthening your relationship with your child (praise, active listening, shared fun).

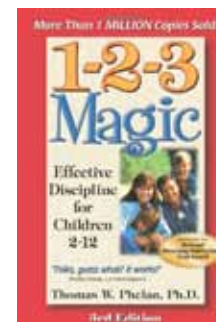


What about siblings?

- ✓ Include both children unless you are sure who started it.
- ✓ Avoid asking questions such as: "who did what?" or "what happened?"
- ✓ Don't always expect the older child to be more mature and accept the blame.



- ✓ 1-2-3 Magic is **simple and easy** to remember for both parents & carers and children.
- ✓ The full programme is available in **book** or **DVD** form and can be found online at: www.parentmagic.com



Child and Adolescent Mental Health Services

1-2-3 Magic

