

### Handout for Session 3: Attending and Planned Ignoring<sup>1</sup>

There are a number of behaviors which can be decreased with Planned Ignoring: Whining, poor table manners, complaining, yelling, badgering, crying, swearing, quarreling with siblings, pouting, teasing, and interrupting.

List which behaviors you would like to decrease with planned ignoring.

General Problem: \_\_\_\_\_

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<p>When my child does this problem behavior</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>I will do this</p> <p>Ignore at him/her Not look at him/her Not smile Turn away Walk away Talk with someone else Attend to another child And I will do this every time</p>
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<p>When my child does this positive opposite</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>I will do this</p> <p>Pay attention Look at him/her Talk to him/her Smile Praise Ask questions Hug Kiss Give a thumbs up or high five And I will do this every time</p>
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<sup>1</sup> This exercise is based on Kazdin's Parent Management Training program.