

Using

IGNORING

Effectively



1

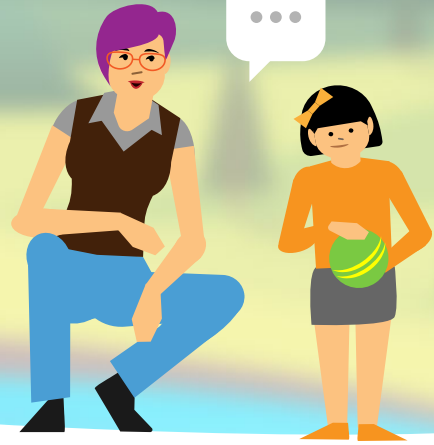
Planned ignoring is a tactic to **avoid reinforcing** inappropriate behaviour.



2

Two reasons to actively ignore:
1) to **let go of** ADHD symptoms that can't be changed,
2) to **lower the frequency** of a behaviour.

(Let the child know **why** you have chosen to ignore the behaviour).



4

When you try this for the first time, **be patient**.

Things might get **worse** before they get **better!**



3

Ignoring is an approach that needs to be set up with thought.
Let your kids know that you are going to start ignoring a particular behaviour and then **remind them gently** when the situation next arises.



7

Think of **replacement behaviours** to channel the energy into something **positive**.



6

You can't or shouldn't ignore **everything!**



5



If the behaviour seems to be a pattern, is it based on some basic need?

Are they dehydrated? Hungry? Too much time sitting still at school?

