

# Glenbard Parent Series



# Presentation

## Q & A

NIP BAD BEHAVIOR IN THE BUD, AGES 2-18

# IGNORE IT!

How Selectively Looking the Other Way  
Can Decrease Behavioral Problems  
and Increase Parenting Satisfaction

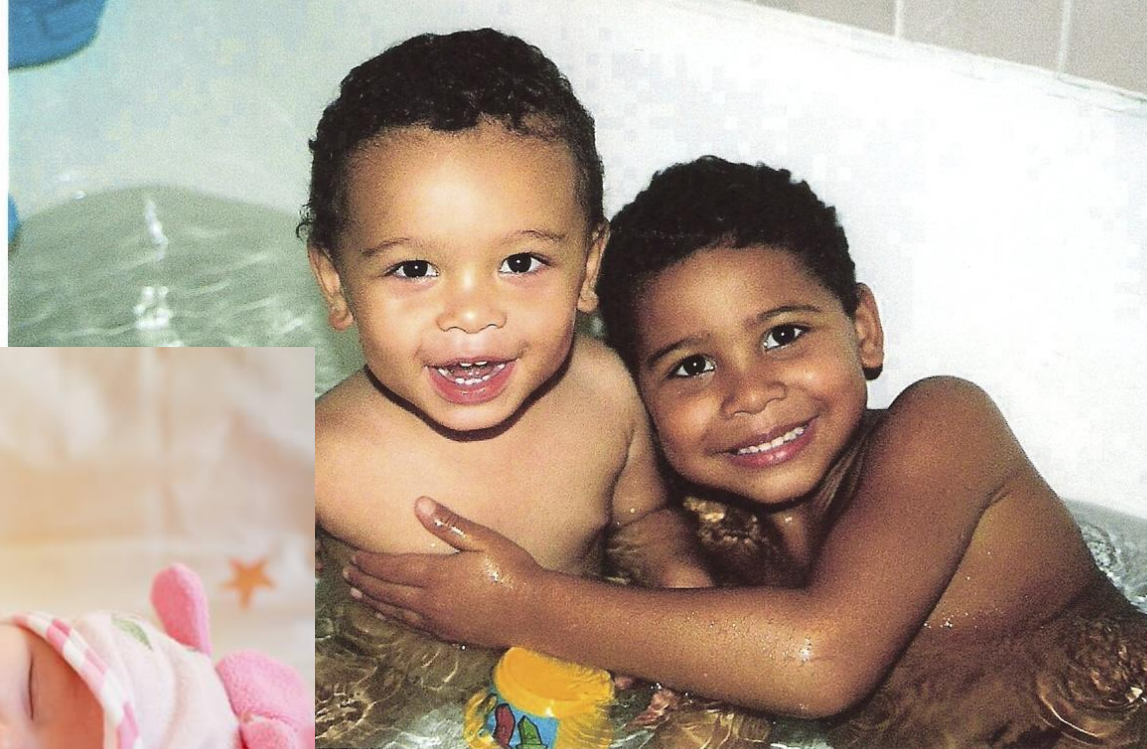
CATHERINE PEARLMAN, PHD, LCSW





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(Phone rings) Welcome to the New York Times Primal Scream Line, where the floor is yours to yell, laugh, cry or vent, for a solid minute. (Beep)

I just wanted to say...

I'm so sick of my goddamn kids.

I am doing my sixth load of laundry today.

# The Primal Scream Line

212-556-3800

Are you a parent who's tired as hell? Click  
the number to scream after the beep.

God, every day I think I can't do this again,  
but then I do. I get it, I get up and I do it.  
Because that's just what parents do, right?



The   
Family Coach

# The Family Coach®

Because we all need a little coaching sometimes.





"WATCH ME"



An illustration of a man and a young girl holding hands against a solid blue background. The man, on the left, has a beard and is wearing a yellow and blue horizontally striped long-sleeved shirt. The girl, on the right, has dark hair in a ponytail and is wearing a blue tank top and yellow shorts. They are both looking towards the right. A white rectangular box with text is overlaid on the left side of the image.

**CAN YOU DIE FROM  
LISTENING TO YOUR  
KIDS TALK ABOUT  
YOUTUBE VIDEOS?**

**BECAUSE IT FEELS LIKE YOU  
COULD DIE FROM IT.**

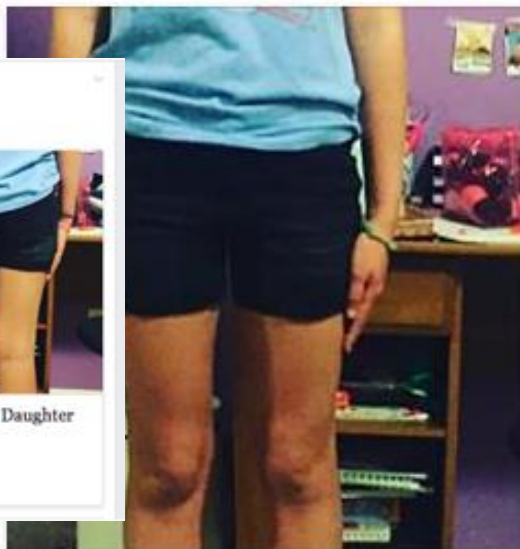
by @dadsquared



God

1 hr · 🌸

Why are people such puritan weirdos? 🙄



George Takel

1 hr · 📷

The long and shorts of it.



**Mom Invites Principal To Go Shopping After Daughter Gets In Trouble For Shorts**

Hell hath no fury like a mother scorned.

DISTRACTIFY.COM | BY MARK PYGAS



Bored Panda

58 mins · 📷

Mom invites principal to go shopping after her daughter violates school's ridiculous dress code:



Thank you for sending a note home for the second day in a row to say my daughter was...

**Mom Invites Principal To Go Shopping After Her Daughter Violates School's Ridiculous Dress Code**

School dress codes have been igniting debates between parents, students, and staff for decades, but never more so than in recent years. When Dr...

BORED PANDA.COM

## Mom Invites Principal To Go Shopping After Daughter Gets In Trouble For Shorts

Hell hath no fury like a mother scorned.

DISTRACTIFY.COM | BY MARK PYGAS





51 mins · 🌐

The way I see it is wear whatever you please but don't get all butt hurt if I'm looking while you walk 🤔👀👀👀

Show Attachment



Like



Comment



4

Like · Reply · 20 hrs



Tallahassee, Florida

Bet her mom dresses like a 12 year old skank too lol

Like · Reply · 22 hrs



Tallahassee, Florida

Sounds like you and your entitled daughter both deserve to sit in detention.



Bartender at Noah's Canteen

Says the future parent of a knocked-up drop-out. Trashy.

Like · Reply · May 19, 2017 7:39am



Oh the daughter looks like a skeeze! She probably gives it up to all the boys!

Reply



1



0



**WHY DO KIDS:**

**WHINE**

**COMPLAIN**

**TANTRUM**

**CURSE**

**NEGOTIATE**

**BEG**

**PROVOKE**

**ANNOY**

**BECAUSE IT WORKS!**

**IGNORE IT!**







Behavior that has  
a **reward** will be  
repeated

A photograph of two young girls with curly hair jumping joyfully on a bed. They are in a bright room with large windows in the background, through which sunlight is streaming, creating a warm and happy atmosphere. The girl in the foreground is wearing a light-colored dress with a bow and brown shoes. The girl behind her is also in a light-colored dress. The bed has a green and white patterned coverlet and several pillows. The text is overlaid in the center of the image.

**Changing behavior is simple.  
Eliminate the benefits and rewards  
and the behavior disappears.**



**Ignoring annoying,  
attention-seeking, and  
button pushing behavior  
will make it go **extinct**.**



# I LIKE RELAXED READING.

I: IGNORE IT!

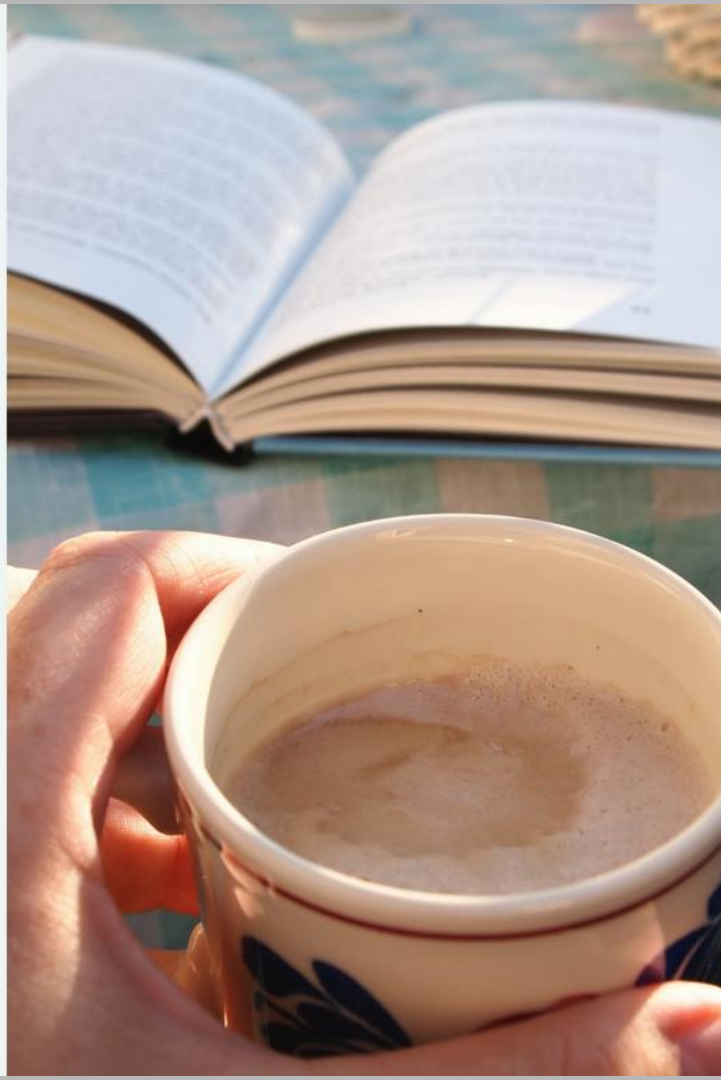
L: LISTEN

R: REENGAGE

R: REPAIR

**IGNORE IT!**

@THEFAMILYCOACH



# What to *Ignore* and What to *Engage*

## Ignore

- Attention-seeking behavior
- Battle of wills
- Anything that happens immediately after NO
- Cursing/disrespectful behavior
- Negotiation
- Begging/pleading/whining
- Anything annoying

## Engage

- When there are tear from real pain or sadness
- When your child is in danger
- Vandalism/Stealing
- When someone else can get hurt
- When being left alone is the point
- The GOOD STUFF (next slide)

# Don't Forget The Good Stuff



# **Pandemic Parenting Caveat 1 & 2**

**If you say **NO**, you have to follow through.**

**If you aren't up to following through, just say **YES**  
or Ignore It!.**



IF THERE IS SOMETHING THAT WE  
WISH TO CHANGE IN THE CHILD,  
WE SHOULD FIRST EXAMINE IT  
AND SEE WHETHER IT IS NOT  
SOMETHING THAT COULD BETTER  
BE CHANGED IN OURSELVES

CARL JUNG



Photo by @imoments

IGNORE IT!  
@thefamilycoach

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## Handouts & Questions?

Contact Me:

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