

A Clinical Treatment Guide to 10 Common Pediatric Behavioral Problems

Parent Handouts



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Eating too much

1. Control snacking.
2. Designate a child-size portion for each meal.
3. Slow down the rate of eating.
4. Activity rewards for weight loss (to be worked out with professional).

Going to bed on time

1. Setup a consistent schedule for bedtime.
2. A pre-bed routine is necessary.
3. Bedtime stories are conditional upon being in bed on time.
4. After the bedtime story, no other competing activities should occur in bed.
5. A bedtime pass is provided if the child gets to bed by the designated time.
6. A star chart system for adherence is strongly advocated (to be worked out with professional).

Night waking
(The Cipani Proximity-fading Method)

1. Go to the child immediately, but do not get in his or her bed
2. Stand close to the child's bed and assure him or her that you will be there.
3. As your child closes his or her eyes, quietly move back a few steps.
4. With next awakening, stay a few steps further away from the bed.
5. Each successive awakening results in you being further away.
6. Keep a journal for the first one to two weeks.

Nighttime accidents

1. Prerequisites to nighttime toileting.
2. When is your child eliminating at night?
3. Teaching your child to awaken at night.
4. Teaching your child to self awaken.
5. Develop a star chart for “accident free” nights.
6. Once your child has been successful, you can remove the checkpoints.

Sibling rivalry at home

1. Plan breaks from each other.
2. Be Vigilant!
3. Adopt the Mommy-court approach to disputes regarding items or toys..
4. Aggression should always result in the aggressor(s) not getting the toy (and time-out removal).
5. Solving disputes via Mommy-court should be praised and reinforced.
6. Physical aggression should result in a more significant consequence (to be worked out with professional).

Car trips
(The Cipani tolerance training method)

1. Develop child tolerance of car trips gradually and progressively.
2. Gradually increase length of car trips.
3. Have an alternative activity available to reduce periods of boredom.

Following rules of playground

1. Preview rules before going to playground.
2. The consequence for breaking a rule is an immediate brief removal.
3. Set a limit on breaking rules.
4. When it is over, it is over!

Putting up toys after play
The “Cipani 3 toy rule”

1. Have a place where toys are stored.
2. The “Cipani 3-toy” rule!
3. Have defined play periods.

Interrupting others during conversations (phone or face to face)

1. Provide a signal or instruction to your child.
2. Delineate the length of time your conversation will entail.
3. Please use an oven timer for this behavioral strategy.
4. Develop a signal that indicates when your child can be allowed to enter into conversation.
5. Teach your child that the consequence of interrupting is a delay in getting your attention.
6. Tolerance training to develop your child's self-control to "wait".
7. Try not to change the standard too quickly.

Morning routine for school days

1. Get your child up at a consistent time.
2. A gradual awake procedure may be needed.
3. Keep the same schedule of activities.
4. Bathroom activities first.
5. Do not allow your child to engage in a competing activity
6. Once your child has performed all the activities except eating, then s/he eats breakfast.
7. Some lengthy activities might be scheduled for the previous night.