



# 1-2-3 MAGIC

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# WHEN DO WE USE 1-2-3 MAGIC?

- To stop unacceptable behavior
- To encourage good behavior
- To manage Testing and Manipulation behaviors
- To establish a peaceful, enjoyable family atmosphere



# USE 1-2-3 COUNTING TO STOP BEHAVIORS

- Arguing
- Fighting
- Screaming
- Tantrums
- Teasing



# LITTLE ADULT ASSUMPTION

The belief that kids have hearts of gold and are basically reasonable and unselfish... just smaller versions of us.

Give them calm, rational explanations of why they should change a behavior and they will shape up immediately.



# TWO BIGGEST DISCIPLINE MISTAKES

- **Too Much Talking**
- **Too Much Emotion**
- **Too Much Talking** is a mistake because it either does not work or takes you through the Talk-Persuade-Argue-Yell-Hit Syndrome.
- **Too Much Emotion** is a mistake because the child enjoys the power that comes with getting a parent very upset.



# SPECIAL SITUATIONS

- Sibling Rivalry
- Temper Tantrums
- Pouting



# TESTING AND MANIPULATION TACTICS

- **Badgering** - “please please please” – “why why why”
- **Intimidation** - tantrums, swearing, yelling, slamming things
- **Threat** - something bad will happen...
- **Martyrdom** - crying, pouting, not eating, etc.
- **Butter Up** - doing and saying nice things
- **Physical Tactics** - hitting, breaking things, running away



# USE START BEHAVIOR TACTICS TO ENCOURAGE

- Eating
- Doing homework
  - Going to bed
  - Cleaning rooms
- Getting up and out in the morning



# SEVEN START BEHAVIOR TACTICS

- 1. Positive Reinforcement
- 2. Simple Request
- 3. Kitchen Timer
- 4. The Docking System
- 5. Natural Consequences
- 6. Charting
- 7. The 1-2-3—Special Application



# THE FAMILY MEETING

- Good way to start giving children more of a say in family issues
- Meeting run by Mom or Dad
- Each family member may bring a problem to discuss
- Keep meeting under one hour



# 10 STEPS TO BUILD SELF-ESTEEM

- 1. Get Real!
- 2. Warm and Demanding Parenting Philosophy
- 3. Let Go: Autonomy
- 4. Good Discipline
- 5. Positive Reinforcement
- 6. Shared Fun
- 7. Affection – Verbal and Nonverbal
- 8. Expertise Building
- 9. Avoid Over-Parenting
- 10. Active Listening



# ACTIVE LISTENING

- Openers
- Nonjudgmental Questions
  - Reflecting Feelings
  - Perception Checks

