



BELGRADE BEHAVIOR
CONSULTING, LLC

ALICE'S GOLDEN RULES ON RAISING CHILDREN

1. **Be United.** Parents need to be a united team in front of the children. Never undermine each other. Discuss differences in viewpoint later, in private, and come to an agreement.
2. **Give Fun and Attention for Good Behavior.** Use differential reinforcement to shape cooperative, constructive, creative behaviors in your children. This means give lots of love, positive attention, approval and fun to the children when they are showing even 'just okay' behavior.
3. **Be Consistent.** When misbehaviors occur, calmly follow through on consequences. Don't make exceptions based on convenience or time factors.
4. **Never negotiate or give in to tantrums.**
5. **Teach Values.** Respectfully explain values to your child; but that doesn't mean negotiating what they want.
6. **Don't Try to Buy Good Behavior.** Always be loving and generous but don't go overboard with too many material goods. You can't buy good behavior, and too much stuff robs children of creative energy and can lead to a sense of entitlement, depression, and lack of motivation.
7. **Teach Independence.** Always be mindful of developing independence in your children. This can only be advanced by having your children help with all aspects of household tasks. This will build a sense of importance, competence and belonging. Back off and let them do things for themselves even if the product is not 'perfect'. Never re-do a task they have done (especially if they would be aware of it).
8. **Be a Good Model.** MODEL THE BEHAVIORS YOU WANT YOUR CHILDREN TO DEMONSTRATE! If you want your children to be respectful of you, model respect to your spouse and to them. If you want your children to use polite words, use polite words yourself. Remember, children copy what they see, and that goes for what they see their parents do, the movies they watch, the videogames they play and the peers with whom they play.