

Video 5: Understanding & Redirecting Misbehavior**The Purpose of this Video**

This “Video Library” version of the award winning program, *Active Parenting 4th Edition*, is designed for parents to view on their own or in groups. Leaders can use the following questions to facilitate a discussion for each video. Most of the questions are aimed at helping parents apply the information in the video to their own lives. Ask as many questions as time allows, and add or delete questions as needed.

Experience has shown that parents who also read the *Parent’s Guide* and complete the activities in the accompanying *Parent’s Workbook* will best be able to utilize the skills presented in the video.* However, when this is not possible, the *Active Parenting 4th Edition* Parent Handouts (available for download) will help parents retain what they have learned. Permission is granted to duplicate the Parent Handouts for this use and pass them out to parents.

Leading a Group Discussion**Introduction**

Introduce the video by asking a few questions, such as:

- ◆ Let’s share some successes. What are some ways you found to encourage your children this week?
- ◆ Today’s video is about understanding our children’s behavior. Why do you think children misbehave?
- ◆ How many of you often find yourself angry with your child? Have you ever wondered why? This video will shed some light on that subject and give us some insight into those familiar power struggles.

Video and Discussion

Play the video and follow with questions such as:

1. What did you learn or relearn from this video?
2. What are some examples of how your children pursue the four basic goals of behavior: belonging, power, protection, and withdrawal?
3. Think of a recent conflict you had with your child. Did you feel annoyed, angry, hurt, or helpless? How did the child respond to your correction: by stopping and starting again, by refusing, by escalating the conflict, or by giving up? Use your answers to determine the child’s negative approach:

| | | | | |
|--------------|---|---------------------|---|-------------------------|
| annoyance | + | stopping & starting | = | undue attention seeking |
| anger | + | refusal | = | rebellion |
| hurt | + | escalation | = | revenge |
| helplessness | + | giving up | = | avoidance |
4. How many of you have had power struggles with a child? How do you “pay off” his or her rebellion?
5. When we fight or give in to a child in a power struggle, we pay off rebellion. What can we do instead?
6. What do the letters stand for in the FLAC method? How can you use the FLAC method to sidestep a power struggle?
7. Which of this session’s video vignettes did you relate to the most? Why?
8. For the family enrichment activity, what is a skill you can teach your child, or what is a skill that your child might be able to teach you?

Closing

This week, try to determine your children’s goals of behavior and their negative approaches when they misbehave, then look for ways redirect them to positive approaches. Also, work on sidestepping power struggles without fighting or giving in. Our next session will focus on helping our children succeed in school and beyond. I look forward to seeing you then.

* You can order *Active Parenting 4th Edition Parent’s Guides* and *Workbooks* at www.ActiveParenting.com or by calling 800-825-0060.