

Make it Right Technique:

Use this technique only after you and your child are calm, and the problem behavior is “over”. Be sure neither of you are in fight nor flight mode when using this technique. If you or the child become upset while having the conversation, stop and try again later. The goal is for the child to make right what they did wrong and make it up to you, not to punish them. You are teaching that when we make a mistake or cause a problem for others, we can correct the mistake and make it up to the people that were involved or affected. This can be used with any person your child’s behavior causes a problem for including siblings, teachers, classmates, coaches, you as the parent or others. If you are not sure whether it’s an appropriate technique for your situation be sure to check in with me; 320-267-0946

STEP **1** After the behavior is over ask your child;

Parent: What happened?

Child: ex: I hit my brother, or I stayed out past curfew

STEP **2** **Parent:** Good job being honest or Good job telling the truth.

STEP **3** **Parent:** What are you going to do to make it right? (said with curiosity, not anger)

STEP **4** **Parent:** Would you like some ideas?
Child: If the child says “yes”, give them 2-3 ideas (have these prepared before you start the conversation even though you may not need to offer ideas)

If Child/teen does not need your help and responds with something they can do to make it right, then go to Step 5

If the child says “No” and they don’t have any of their own ideas, say “when you’re ready to let me know come see me”.

Child is excused and goes along with day and you end the current conversation. This doesn’t mean the child is getting away with anything. It means that the child is not ready to have the conversation, so we end it because we don’t want the technique to create a battle. Instead, you wait for the child to get back to you when they are ready. In the meantime, you go about your day. If your child has a special request for something not on the daily schedule you would say, “I’ll be happy to let you _____ or give you _____ just as soon as you’re ready to let me know how you’re gonna make it right or make it up to _____.”

When the child is ready you continue the conversation:

Child: Ready mom/dad

STEP **1** Parent: What Happened?
Child: I hit my brother, or I stayed out past curfew

STEP **2** Parent: Good job being honest

STEP **3** Parent: What are you going to do to make it right?

STEP **4** Parent: Would you like some ideas?
Child: yes
Parent: Which idea would you like to do?
Child: I'll pick up his toys or I'll clean the bathroom for you mom/dad

Parent gives 2-3 ideas of something nice the child could do i.e. clear other child's dinner dishes from table, pick up toys (not cleaning whole bedroom), carry their backpack, read them a story, etc. (something nice but simple, this is not a punishment) It's helpful to have a list of things that include helpful chores AND acts of kindness that your kiddo can do to fill your tank or cheer you up or whatever it is that the person the behavior affected would like! 😊

STEP **5** Parent: Hug or high five child/teen and then say, "Sounds like a plan, Good job making it right!"

Remember it's ok if the child needs you to follow through with this several times in a row. The learning happens with repetition. Sometimes when kids misbehave the same way, we think the technique isn't working. Not true. Some kids need the experience to happen and be followed through with several times to learn cause and effect for their behavior. "No-Problem!"

And then...Life goes on. If the same thing happens again, rinse and repeat 😊 No need to get angry, you are teaching a valuable natural lesson that your kids will learn from and later thank you for!