

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:

Life After ABI

Parenting

Audience:

Person with an ABI



Planned Ignoring

Introduction

Some behaviours don't need to be corrected. They are just annoying. Sometimes it is better to ignore them. Ignoring is a helpful strategy for mild problem behaviours such as whining or using a silly voice. In using this strategy you need to think about your ability to remain calm even if your child is noisy.



Prevention Strategies

- Have family rules that cover mild problem behaviours. Some examples are:
 - Keep your hands and feet to yourself
 - No screaming in the house
 - Use your usual voice to ask for things and in conversation
- Follow the No-Talking-No-Emotion rule.

Management Strategies:

- When you ignore a behaviour, do not look at or talk to the child
- Keep calm and relaxed. You may need to take some deep breaths to keep calm.
- Ignore the behaviour for as long as that behaviour continues.
- Use descriptive praise once the behaviour has stopped. For example, "Thanks for being quiet and not whining....." Don't continue to ignore the child after they have stopped the problem behaviour.
- If the behaviour becomes dangerous (eg. your child becomes aggressive or destructive) you need to use another strategy such as 1-2-3 Time out.
- Sometimes, it is helpful to signal to your child that you are planning to ignore them by using a statement like "I will not answer you until you ask me in a friendly voice".



**For more information
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ABIOS Manager

- Often children will get louder and more demanding as they try to gain your attention. Children don't like being ignored and may become very noisy and annoying until they realise you mean what you have said.
- You MUST NOT react and give-in to this escalation trap. If necessary, walk away and give yourself "time out" (eg. close a door to a bedroom or bathroom, or put on some music and continue to ignore the behaviour).
- If you continue to do this your child will eventually stop as they don't have an audience, that is, you anymore.

Key points

- Keep calm and relaxed
- No eye contact
- No talking to your child
- You need to think about your own ability to ignore problem behaviours such as whining or badgering and the noise that ignoring these behaviours may result in.
- You must not react and give in

Acknowledgement:

We acknowledge that in the development of the ABIOS Parenting fact sheets we have incorporated ideas from the 1-2-3 Magic Program and The Triple P program.



Resources

See other Acquired Brain Injury Outreach Service (ABIOS) Information sheets at <http://www.health.qld.gov.au/abios/>

Notes:

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