FACT SHEET:



Category: Life After ABI Parenting

Audience:
Person with an ABI

For more information contact the Acquired Brain Injury Outreach Service (ABIOS)

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Reviewed Jan 2021

For review Jan 2022 ABIOS Manager



Introduction

Children often interrupt when you are doing other things. You may need to do something about it if it happens often. You can manage interruptions by setting your child up in an activity and praising them for not interrupting.



How do I know that interrupting is a problem?

- You have trouble having a telephone conversation without being interrupted
- Other people tell you your child interrupts too much
- You cannot complete jobs

How to limit interrupting:

- Tell your child you are doing something and you don't want to be interrupted.
- Tell them how you expect them to behave, how long it will take, and what you want to see at the end (e.g. give them something to complete)
- Make sure they are busy doing something before you start your activity.
- Sometimes you have to do something unexpectedly. For example answer the telephone. Ask the person on the phone to wait or ring them back in a few minutes. Give your child something to do and tell them how long you will be on the phone. Tell your child how you expect them to behave.



How to manage my child when there is an interruption:

- Praise for good behaviour. If your child is doing an activity for some time, stop what you are doing and praise them.
- If they are interrupting, use 1-2-3 time-out.

 Gradually increase the length of time you expect your child to be engaged in an activity. Start with a very small amount of time. Praise the child for good behaviour. Toddlers and pre-schoolers can only concentrate for short periods. To expect a toddler or pre-schooler to be quiet and on their own for a long time is not practical

Key Steps:

- Tell your child what you will be doing
- Tell your child how you want them to behave
- Set your child up in an activity
- Be real about the amount of time your child can do an activity on their own
- Praise your child often for good behaviour and spend some time together when you are finished

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

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