

# FACT SHEET:



# ABIOS

Acquired Brain Injury Outreach Service

**Category:**

Life After ABI

Parenting

**Audience:**

Person with an ABI



## Managing Interrupting

### 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.

For more information  
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