

# Addressing Common Behavioral Concerns in Pediatric Practice

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# Our goals

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- Provide a rationale for teaching parent behavioral techniques
- Describe 3 effective parenting strategies
  - Modeling
  - Role play
  - PRIDE skills
  - Giving effective commands
- Review how to teach these strategies in pediatric clinic visits

# Why Behavioral Parenting Intervention?

Highly effective

The most strongly supported therapy for disruptive behavior in young children and school age children

Other common interventions are contraindicated for disruptive behavior

Talk therapy

Play therapy delivered by therapist

# Shared Features of Behavioral Parenting Interventions



Increasing caregiver  
understanding of

Child behavior  
The escalation cycle  
Learning/behavior change principles



Developing age-/developmentally- appropriate  
expectations



Improving warmth/attachment in caregiver-child  
relationship



Giving good instructions



Increased use of positive reinforcement



Increased use of effective punishment

# Common myths about child behavior

My child would behave better if they respected me

If my child loved me, they would behave

They're doing this on purpose to get me mad

My child manipulates me (plays me)

If my child understood why I wanted them to (do the thing), they would just do it

My child must be bipolar

I shouldn't have to keep telling my child what to do

# Factors contributing to child behavior



CHILD FACTORS



PARENT/CAREGIVER  
FACTORS

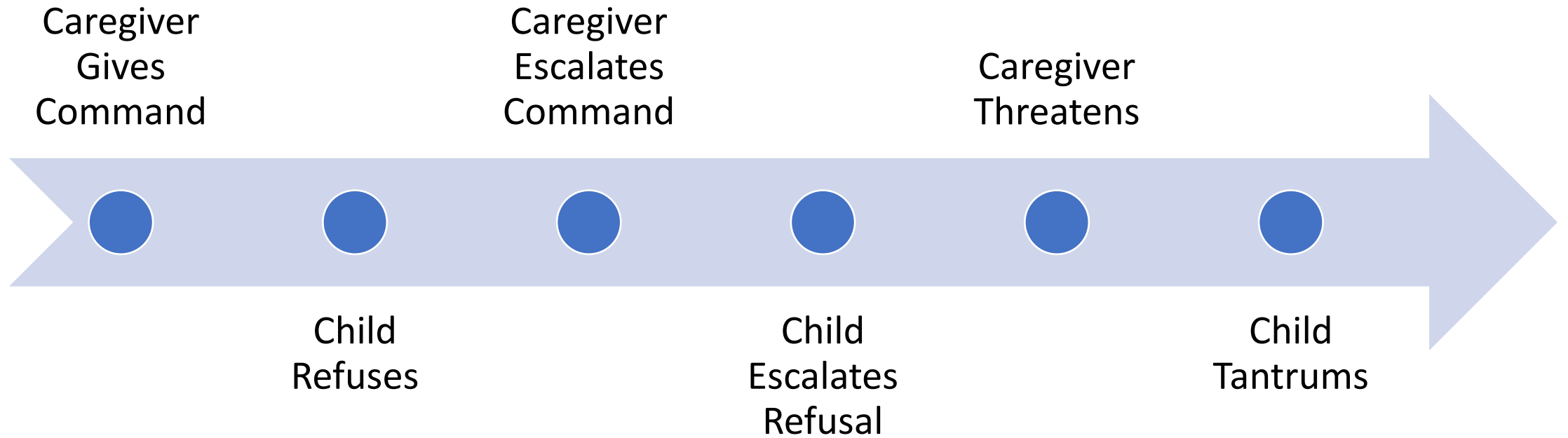


CONTEXTUAL  
FACTORS



LEARNING HISTORY

# *Escalation*



*This doesn't work....*



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I'll explain  
why they  
*shouldn't* play  
video games  
so much.

They'll  
decide to  
play fewer  
video games.

They'll do  
more  
\*good\*  
things.

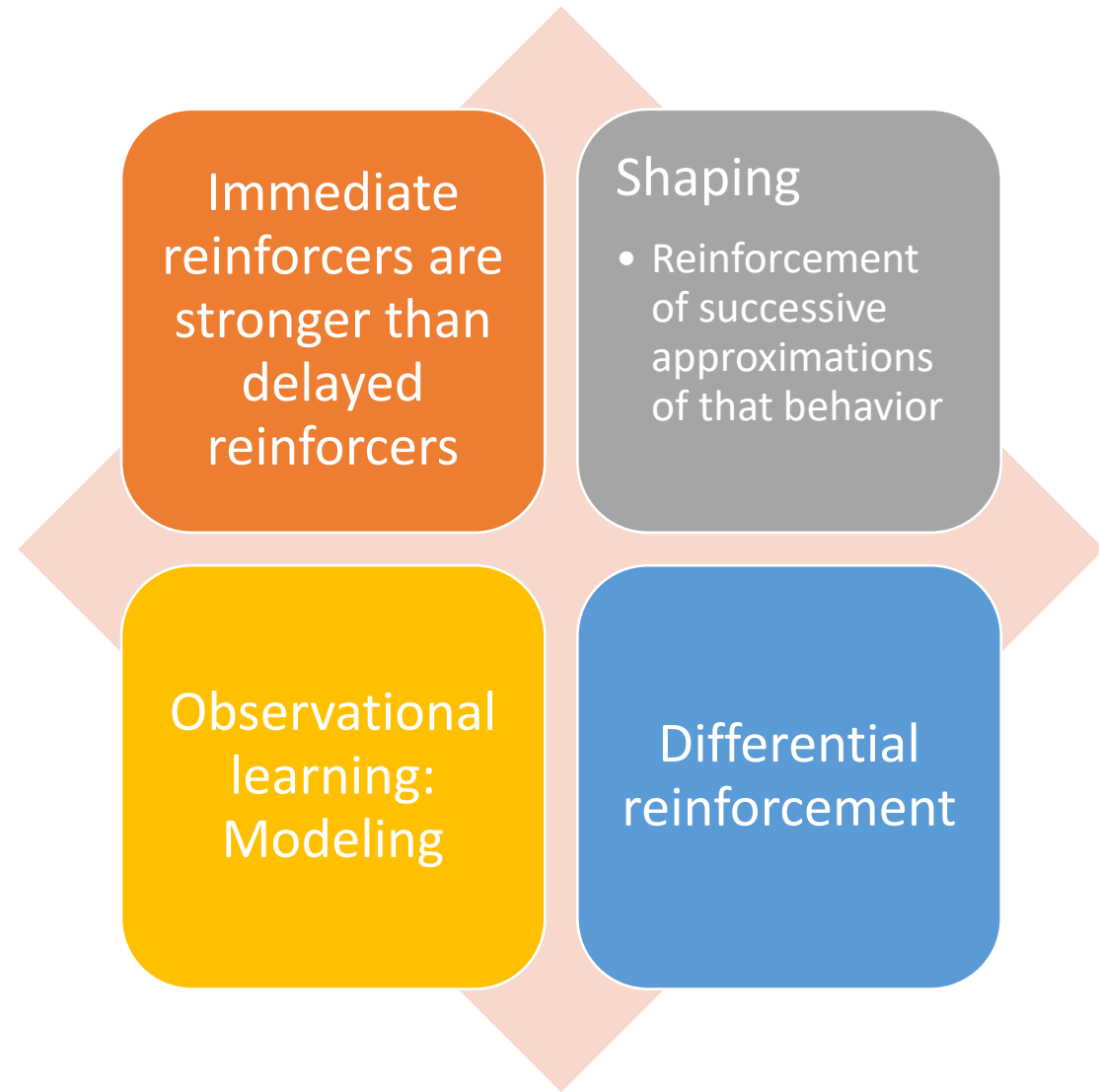


# Learning and Behavior Change

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|                         | Increase Behavior                          | Decrease Behavior                                |
|-------------------------|--|--|
| Add/give something (+)  | <b>Positive Reinforcement<br/>(Reward)</b> | <b>Punishment<br/>(e.g., extra work chores)</b>  |
| Take something away (-) | <b>Negative Reinforcement<br/>(Relief)</b> | <b>Punishment<br/>(e.g., loss of privileges)</b> |

# Operant conditioning principles



# Appropriate Expectations

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- Younger children
- Intellectual disability
- Abstract cognitive abilities
- Neurodevelopmental disorders (e.g., ADHD)
- Compliance rates for typically developing children





# Increasing Warmth and Attachment

Special 1:1 time with parent/caregiver

- 5 minutes (PCIT)
- 15-20 minutes (school age children)

Child-led, enjoyable activity

No criticism or commands during this time\*



# Teaching PRIDE skills to parents

Modeling and Role Plays

# PRIDE skills

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Praise

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Reflect

---

Imitate

---

Describe (behavior)

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Enjoy! Be enthusiastic

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Avoid: questions, criticism, directives



# Practicing PRIDE skills

Modeling and Role Plays

# Behavior Change Strategies



## Positive Reinforcement

Labeled Praise

Earned Privileges

Allowances

Tokens/points



## Effective Punishment

Time-Out

Extra Work Chores

Loss of Privileges



# Giving Good Instructions

Specific

Direct

Positive  
(what to do, not  
what not to do)

One at a time

Doable &  
appropriate for age/  
developmental level

Supervised



Role play:  
Giving good  
Instructions

# Eliminating Use of Physical Discipline

- Approximately 42% of American households have children at home
- Up to 80% of American parents have used physical discipline and may be more likely to turn to physical discipline in situations where they perceive other approaches to be ineffective or inadequate.



# Eliminating Use of Physical Discipline

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Ineffective & Negative Outcomes

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Models use of instrumental aggression

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Negative relationship outcomes

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Increased risk of physical maltreatment

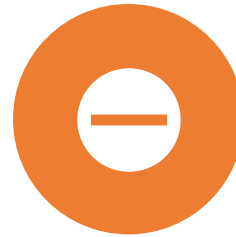




# How to Address with Families

- Collaboration
  - Work in partnership with family
- Evocation
  - Draw out solutions
- Autonomy
  - Decision making is up to the individual
- Open-ended questions
- Affirmations
  - reinforce success or accentuate the positive

# Common Barriers to Behavioral Parenting Interventions



BARRIERS TO  
ACCESS



CAREGIVER  
FACTORS



PSYCHOSOCIAL  
FACTORS



CULTURAL AND  
RELIGIOUS FACTORS



STIGMA

# Applying to the Clinic

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- Sharing the techniques
- Modeling



# Referral Considerations

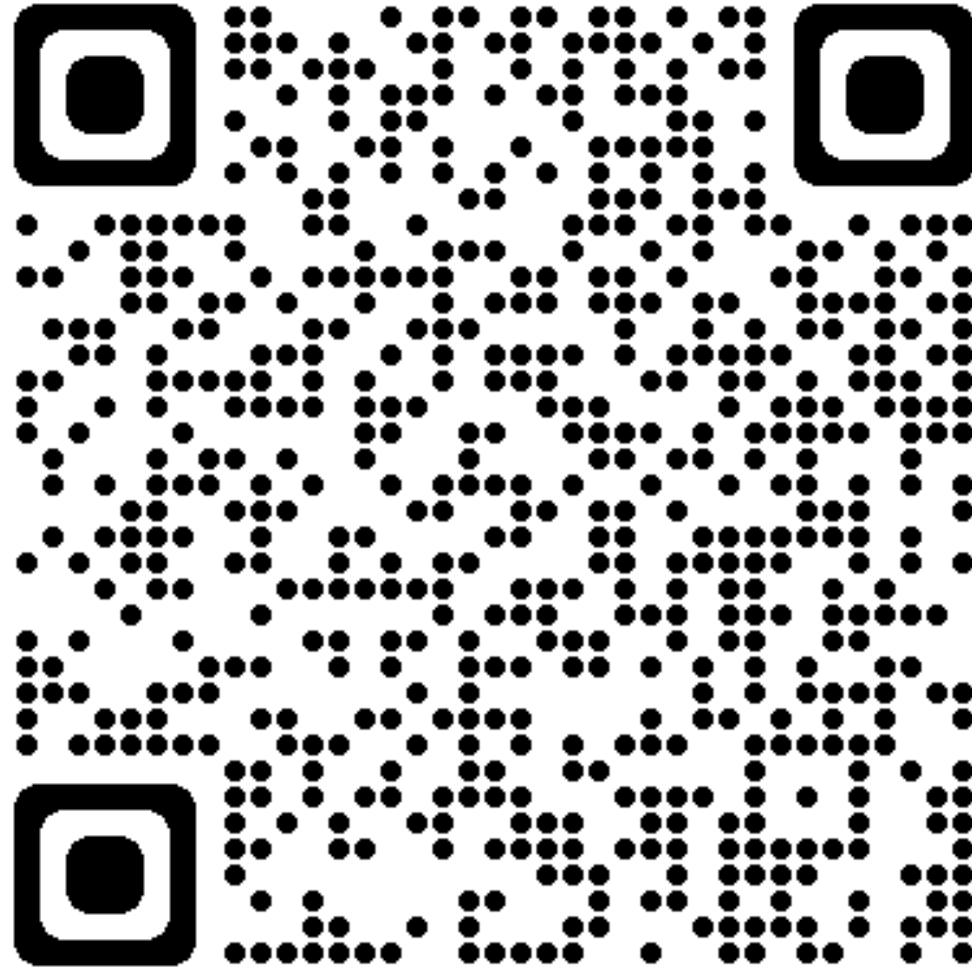
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- How to prepare families
- Evidence-based therapy
- Insurance Coverage





No Hit Zone  
Materials  
Available Free  
on the ASPAC  
Website



<https://apsac.org/no-hit-zone-materials/>