Planned Attending and Ignoring

Rules to Follow When Using Attending and Planned Ignoring

1. Never ignore dangerous behavior when there is likelihood of injury.

2. Always ignore the same behavior consistently. (Don't look at child, speak, smile, or frown when ignoring.)

3. Anticipate that the ignored behavior may increase initially (i.e., get worse).

4. Remember why you are ignoring so you don’t feel guilty and then stop ignoring (i.e., it should be planned).

5. Always attend to behavior you want to increase after ignoring a behavior—think about which behaviors to attend to.

6. Be specific if you’re praising a desired behavior so the child knows what he or she has done that is positive.

7. Make eye contact when attending but not when ignoring.

8. Smile when attending.

9. Use a pleasant voice when attending.