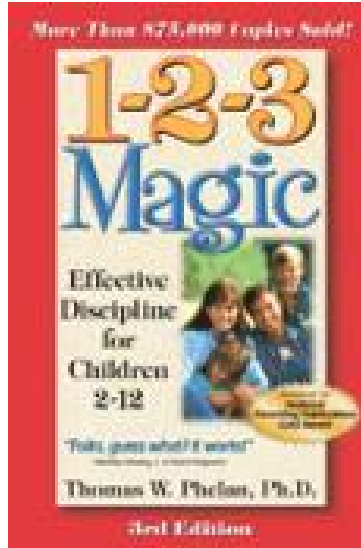


123 MAGIC

By: Thomas Phelan, Ph.D.



www.parentmagic.com

1-2-3 Magic is a program that incorporates specific, gentle techniques to stop undesirable behavior as well as to encourage positive behavior. It is a precise and effective way of managing the behavior of children. Y.E.S. has implemented this program school-wide. Our number one priority during the school day is instruction and for all of our students to be successful! By having a discipline program that is consistently used we are able to put the majority of our energy into academics.

3 STEPS TO EFFECTIVE DISCIPLINE

1. Controlling Undesirable Behavior---to get kids to STOP doing what you don't want them to do (whining, arguing, tantrums, etc.)
2. Encouraging Good Behavior---to get kids to START doing what you do want them to do
3. Strengthening Relationships---powerful techniques that reinforce your bond with your children

Some Key Concepts of 123...

- If you have a child who is doing something you don't like, get real upset about it on a regular basis and, sure enough, he/she will repeat it for you!
- Talk too much and you take your child's focus off the need for good behavior. Instead, you switch your child's focus onto the possibility of an energetic—and perhaps enjoyable—argument.

That leads us to...THE BENEFITS OF COUNTING

1. Energy savings
2. More time for fun and affection
3. Your authority is not negotiable
4. The punishment is short and sweet

How it works

When a child is doing something you want them to stop (A STOP BEHAVIOR) you count

- “That's 1” you wait 5 seconds and if the STOP behavior continues you say
- “That's 2” if the STOP behavior continues you say
- “That's 3” and the child receives an immediate consequence (for example, a time-out; time-out should be 1 minute per year of age)

CONSISTENCY IS THE KEY!!!!