

Behavior Support: Reducing Interruptions

Children often interrupt at times when parents are busy or are not paying attention to them. To cut down on interruptions, use short teaching sessions. They will help you and your child communicate better.

You will need

- kitchen timer
- activities for your child to do
- items for your child to earn for good behavior

What to do

You will need to have short training sessions with your child. The goal is for your child to practice waiting. Try not to worry about getting anything done. The next 4 steps are the best way to run your training sessions on waiting.

1. First, set up an activity during which your child often interrupts.
 - For example: making a phone call, talking with another adult, doing paperwork or working from home.
2. Tell your child what you want them to do while you are busy. Let them know that you will not be able to talk to them for 3 minutes. Set a timer, then start your task or conversation. Shorten training sessions if 3 minutes is too long. This will help make sure your child is successful.
3. Once the timer starts, ignore any interruptions or other problem behaviors, unless it is dangerous. To ignore means to not look at, respond to or notice your child at all. At first, the interruptions may be louder and more frequent. This means that ignoring your child is working. Your child will not keep interrupting if you continue to ignore them.

