

SESSION 1

ONE-ON-ONE TIME AND ATTENTION



OVERVIEW OF KOMET

The Komet parent training program consists of 10 group sessions and one private session.

Sessions 1-3 Positive interaction. The foundation of reducing arguments and nagging is to increase positive interaction and attention. At the initial sessions, we practice this, along with clarity as a parent.

Sessions 4-6 What works We help each other focus on what motivates and works for your particular child. Session 6 is a private session, to which you may invite teachers for example, or other people who mean a lot to your child. During the private session we can also talk more about what is especially important to you and your child.

Sessions 7-9 Turn down the volume. We discuss the battles you can choose not to fight and the ones you must fight - and how to go about it. You learn how you can be more comprehensible and predictable to your child.

Session 10 Solve problems together We go through how you can agree with your child on solutions to problems.

Session 11 Future plans This is a final session that focuses on what you as a parent are taking away from Komet.



GUIDELINES FOR PARTICIPATING IN KOMET

- Let one person talk at a time.
- Listen to each other and respect each other's ideas.
- Pay attention to what you and others in the group are doing well. Give each other positive feedback and praise.
- If you are going to be late or cannot make it, please let us know as soon as possible.
- Vow of confidentiality. What other participants say in the group stays in the group.

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THE PYRAMID

The pyramid illustrates the Komet structure. The most important part of Komet is the base of the pyramid, which is all about building a stable foundation for the relationship between you and your child. Trust and security are built through more positive attention and good times together. This is a prerequisite for reducing arguments and conflicts.



PICK YOUR BATTLES

PRAISE

PREPARATION

ONE-ON-ONE TIME

THE CAUSE MATRIX

There are many different explanations as to why parents and children end up arguing a lot. Komet is based on a matrix of four causes: the child's characteristics, the parent's characteristics, the family situation, and how the parents approach the child. Your approach to your child is the fastest and easiest thing to change. So, approach will be our primary focus during the course. It is you - the parent - who will be doing the major work between the sessions to practice approaching your child in new ways.



CHILD'S CHARACTERISTICS

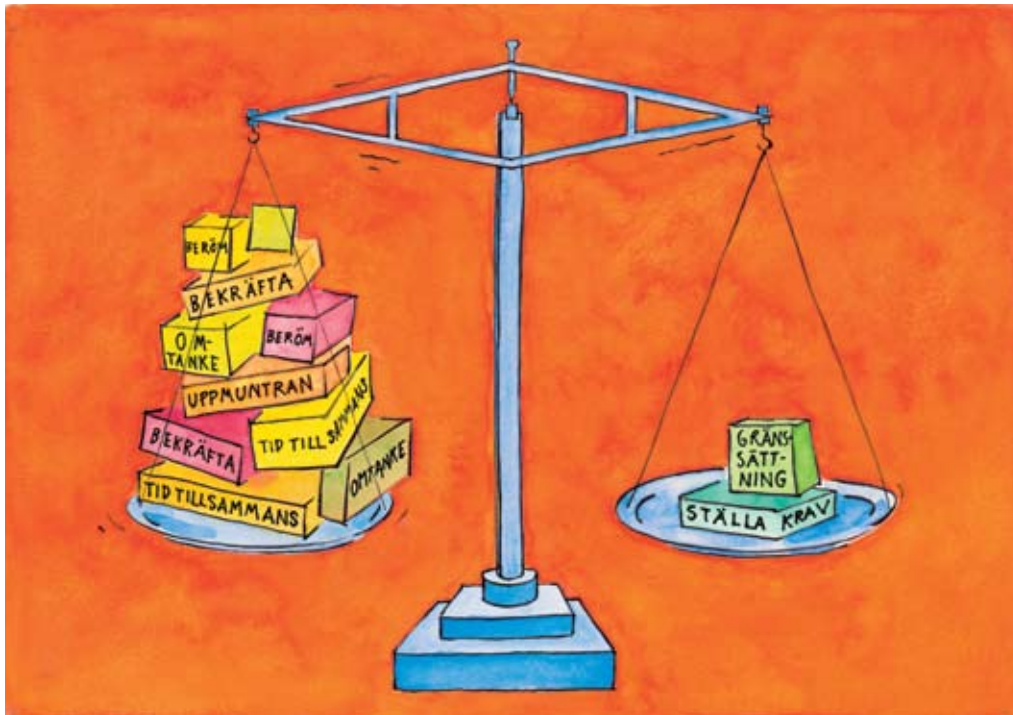
PARENTS' CHARACTERISTICS

FAMILY SITUATION

APPROACH

THE 5-TO-1 RULE

Research has shown that you need about five times as much praise and positive interaction as demands and reprimands for the relationship to work well. A great deal of conflict in the family may be a sign that you need to add more positive interaction and attention into the mix.



PRAISE
CONFIRM
CONCERN
PRAISE
TIME TOGETHER

SETTING BOUNDARIES
MAKING DEMANDS

THE ATTENTION PRINCIPLE

Children quickly learn what they have to do to get their parents' attention. Research shows that behaviors that get attention increase. This is called the Attention Principle.



CHILDREN WILL KEEP
DOING WHAT THEY GET
ATTENTION FOR

If children mainly receive attention for less desirable behaviors, those behaviors will continue or increase. The Attention Principle is about switching focus from what doesn't work to what does work. Every time you nag your child, you can think about whether there is a positive behavior that you can encourage instead.

Positive focus

Instead of nagging when your child ...

... throws his/her jacket on the floor

... pushes ahead of others

... fights with his/her siblings

You can praise your child when ...

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Remember: It is important to show appreciation for things that have nothing to do with performance, such as that you are having fun together or that your child spontaneously shares something with you.

THE IMITATION PRINCIPLE

Imitation - or modeling - is a very effective way to learn. When children set about solving problems, they often imitate what other important people in their lives usually do. Always being a good role model for their children is a challenge for parents. But on the other hand, you get new opportunities to try again every day.



THE IMITATION PRINCIPLE

THINGS TO REMEMBER BEFORE ONE-ON-ONE TIME.

- A brief time every day. Set a specific time, about 10-15 minutes every day, for one-on-one time. Some parents decide a time together with the child so that the child knows "Now it's our time!" The more often you have one-on-one time, the better. The goal is for the one-on-one time to become a new daily routine.
- The child's time. Pick a time when you are not feeling stressed. This is a time when your child should have your undivided attention. If you have more than one child, you can either give them separate one-on-one time or play with them together if that works well. The important thing is that each child is given your attention.
- Let the child choose the activity. Let your child choose what you will do during one-on-one time. Play is an activity that works well for one-on-one time. Video and computer games are other possible activities - after all, your child can show you what to do!
- Prepare your child for the end of one-on-one time. If your child does not want to end one-on-one time, one way of preventing a conflict is to prepare the child for that the time will soon be over. A couple of minutes beforehand you might say "I have to stop playing in a little bit," for example. You can also use an egg timer to show how long the two of you will play together.

If your child still protests when it is time to stop, calmly tell him/her "It's time for me to stop playing now. It's been so much fun playing with you, and I want to do it lots more times." Leave the play without arguing. The child will eventually learn that you mean it when you say that it is time to stop and that there will be new one-on-one times in the future.



ONE-ON-ONE TIME

- Observe. Relax and simply observe what your child is doing for a little while. Join in when you think the time is right.
- Let the child control the play - avoid questions and instructions. Avoid too many questions and suggestions while you are playing. Let your child be in charge instead. You do not need to use one-on-one time to teach your child new things. This is your child's special time to relax and enjoy your company and your attention.
- Put your child's play into words. Describe aloud what your child is doing. You do this to show your child that you see what he/she is doing and that you think it is interesting. Avoid interpreting or questioning what the child is doing. Think of it as something like how a sports commentator enthusiastically remarks on a football game. Remember to vary your tone of voice. Young children usually enjoy this. If your child is a little older, you can still remark on the play, but not as often.
- Show enthusiasm. Show enthusiasm when you play with your child. Avoid evaluating the child's performance. Try to encourage the child to participate and to try - not to "succeed."



Suggestions for how you can encourage your child and show enthusiasm

In words

- "It's so much fun to play with you!"
- "Good job!"
- "I think it is so nice to be together."
- "You did that all by yourself!"
- "I like it when you..."
- "Great!"
- "It's so much fun when you..."
- "What a great idea to..."

With body language

- Hug your child
- Pat your child's hair
- Put your arm around your child
- Smile
- Wink
- Give your child a thumbs up
- Kiss your child on the cheek

HOMEWORK - SESSION 1

One-on-one time. Suggestions for activities and times.

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MY GOALS

This is what I want to do more of after Komet... For example, talk with my children more, use more routines, laugh more together.

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This is what I want to do less of after Komet... For example, nag less, yell less.

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BEFORE SESSION 2

One-on-one time. What have you done together?

Number of times:

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