

Hey Rachel,

I hope the boys slept on your way home.

I know you and Everett are under a lot of pressure when you come here but I do know I can help you get throwing and tantrums under control.

Everett is adorable and it's great that he doesn't throw or have problem behaviors at daycare.

We can definitely discuss more but I wanted to write this feedback out before I forgot. You are a great mom so please don't take this as criticism but being the Monday morning quarterback is always a good idea after problem behaviors occur.

On the top 5 questions about problem behaviors podcast, I cover a question about throwing and dumping. One thing we both did (which I wouldn't recommend) is making him pick up the item immediately after throwing it. When he threw the playdoh and later the train at your car, we should have taken all reinforcement out of his hands and said "no throwing". Once he did pick up the playdoh, he didn't give it back and instead banged it on the wall. No big deal at this point but if it was metal or sharp or he was stronger it could have marked the wall.

In the middle of the episode with the playdoh, you also threatened (we will need to leave, we won't be able to come play) and before the episode used bribery (we can call daddy and tell him you did a good job and listened). Again no biggie but I would talk a lot less to him during and immediately following any problem behavior. Also, prompting him to say "Sorry" isn't recommended (see blog on I'm sorry)as it gives too much attention to problem behaviors. Talking to him later about the incident gives a lot of attention to it too so I probably wouldn't do that either.

One final thought is you might want to have him leave toys in the car (or to put in the diaper bag) when you go to some places....like people's houses, stores, etc. If his hands are free, he's less likely to throw anything and also he's more able to hold hands, hold on to stroller, follow instructions to sit and attend to different tasks. Both times when he came it was a struggle to get him to give up his toys in his hands and put us both in the role of the taker (not the giver).

I think the biggest thing is to treat throwing the same.....all things in his hands get taken, "no throwing" and no attention or talking until he is calm and comes to you for positive attention.

Feel free to call me to discuss!

Mary