

# Instructive Intervention Guide

## 1. Interrupt the behavior of Child #1:

- “No biting” (hitting, scratching, etc.). That hurts. Sit down right here; we’ll talk about it in a minute. I won’t let you be near people when you hurt them.”

## 2. Help the victim, Child #2:

- “I’m so sorry you were hurt. Here, let me help you feel better....”

## 3. Bring children together and reflect both child’s feelings:

- Child #1: “I can see that you felt angry about \_\_\_\_\_.”
- Child #2: “And you felt sad because biting hurts.”

## 4. Define the problem:

- “I see the problem –you both wanted to play with the same car at the same time.”

## 5. Clarify the limit to Child #1:

- Even if we’re angry (upset, worried, etc.), we only touch other people **gently**. If you hurt people, you’ll have to stay next to me. I won’t let you be near children if you hurt them.”

## 6. Provide Child #1 with two relevant solutions: One expressing feelings, one needs

- “Listen, next time you **feel** upset, you can show that by.....”

Offer the child **one** suggestion, pick something that might appeal to him/her from this list:

- Taking a big, deep breath and blowing in and out through lips or teeth
  - Clenching your teeth and making a guttural *grrrr* sound
  - Hands on hips OR hold arms down and squeeze fists tightly
  - Fold arms across chest
  - Saying in a strong voice how you **feel** with your words (“I’m so frustrated!”)
- “Then, if you **need** something or are **worried** about something, you can say....”  
Suggest the verbal tool that **matches their situation and their abilities**...

For toddlers, suggest short phrases they can manage, such as:

- “Go”    “My turn?”
- “Hey!”   “No!”
- “Don’t”                                        “Mine.”
- “Move”                                        “I need that.”
- “Stop”   “Be careful.”

Older, more verbal children can handle longer phrases such as:

- “I need the next turn.”
- “I’m waiting for the next turn.”
- “How many minutes until you’re done?”
- “Can I play with you?”
- “Do you want to trade that for this...?”

## 7. Put closure on the situation, end on a positive note:

- “I’m glad to see that \_\_\_\_\_ is all done \_\_\_\_\_. Next time \_\_\_\_\_ will say \_\_\_\_\_.”