

REMEMBER

Discipline needs to be
consistent, decisive
and **calm**

1-2-3 Magic

What it is NOT:-

- ❑ 1-2-3 Magic is **NOT** Magic

What it is:-

- ❑ 1-2-3 Magic is a 4 week programme
- ❑ 1-2-3 Magic is a simple and effective way of managing a child's behaviour
- ❑ 1-2-3 Magic is an evidence based programme meaning it WORKS
- ❑ 1-2-3 Magic puts the 'parent in charge.' Prevents the 'Talk, Persuade, Argue, Yell and HIT' syndrome



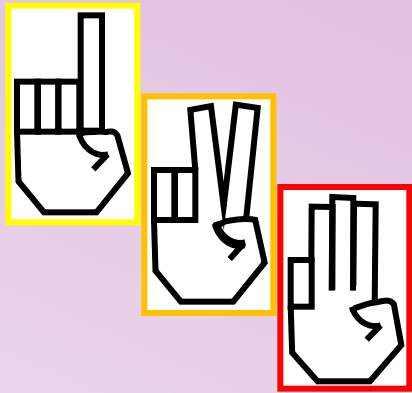
Too much talking
Too much emotion



**Information for
parents**

What is 1-2-3 Magic?

ANSWER: A programme that supports 3 parenting roles



Control Unwanted Behaviours

Things you want your child to **STOP** doing. These are frequent everyday issues such as whining, teasing, arguing, pouting, yelling and tantrums.

This is achieved through counting, 'Time Out' or alternative consequences

Encourage Good Behaviour

Things you want your child to **START** doing such as picking up, eating, homework, bedtime and up and out.

This can be achieved through praise, simple requests, natural consequences, charting and the Docking System



Strengthening your relationship with your child

It is critical to your family's well being and child's self esteem that you LIKE (not just LOVE) your children.

This can be supported by sympathetic listening, one to one fun, talking and problem solving and managing children and technology

