



Sure Start Children's Centres

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Hucknall

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1-2-3 Magic

Week 1

Commissioned by:

Delivered by:



Nottinghamshire
County Council

Nottinghamshire Healthcare
NHS Foundation Trust

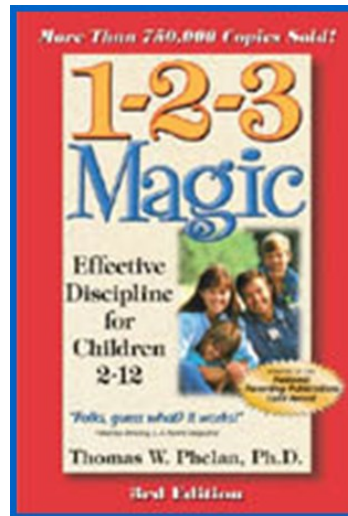


Who is Thomas Phelan?



- Member of the American Psychological Association and the Illinois Psychological Association.
- Dr. Phelan received his Doctorate from Loyola University, Chicago
- Nationally renowned author and lecturer
- Has served on the board of directors for both ADDA and CHADD, two US organisations for the parents of children with ADD. He was inducted into the CHADD Hall of Fame in 1997
- Registered clinical psychologist in the Chicago suburban area; has worked with children, adults and families for over 30 years
- Father of two children

What is 1-2-3 Magic?



- An award-winning, best-selling programme that has helped thousands of families since the 1970's
- Provides simple tools for parents to control obnoxious behaviour, encourage appropriate behavior and strengthen the parent-child relationship

1-2-3 Magic is a behaviour management programme

It is simple – but not easy to do

It can be done anywhere

What is 1-2-3 Magic About?

- Parents respond to children every day, in a myriad of ways
- If we want children to behave differently, we may need to change the way we act
- This course aims to help parents and teachers think about what they're doing when they respond to children
- The decisions parents and teachers make can help children become better self-managers and to be more able to control themselves as they mature

What Ages Are Appropriate?

- 1-2-3 Magic works for children between the ages of 2 and 12
- For children with developmental disabilities, using 1-2-3 Magic is appropriate provided the individual has a minimum mental age of two
- It can also be used for older kids – we just tailor it to their needs

Who Can Use 1-2-3 Magic?

- Parents
- Grandparents
- Nannies/
Childminders
- Sitters
- Teachers



When Do We Use 1-2-3 Magic?

- Stop unacceptable/obnoxious behaviour
- Encourage appropriate behaviour
- Manage testing and manipulation behaviour
- Establish a peaceful, enjoyable family atmosphere

Automatic vs Deliberate Parenting

Automatic = Instinctive

- Picking up a crying 2 year old
- Can be good, can be not so good
- 1-2-3 keep positive instinctive habits – but train yourself out of the negative ones – replace them with more useful, deliberate and respectful strategies from the programme

Demanding/Firm

- Expecting something from your kids
- Good behaviour
- Respect towards adults
- Share
- Be kind
- Face up to things that are hard
- Rise to life's challenges

Your Three Parenting Jobs

1-2-3 Magic

