

## CHECKLIST FOR MANAGING WHINING

Instructions: Whenever whining for something occurs, record Yes, No or NA (Not Applicable) for each of the steps below.

STEPS TO FOLLOW	DAY				
	STEPS COMPLETED?				
1. Gain your child's attention.					
2. Tell your child what to stop doing and what to do instead — <i>Stop whining for a piece of cake. Please ask nicely.</i>					
3. Praise your child if they do as you ask.					
4. If your child does not do as you have asked, tell them what they have done wrong — <i>You have not asked nicely</i> — and the logical consequence — <i>The cake goes away for 10 minutes. Try again then.</i> Do not argue or debate the point.					
5. If your child protests or complains, use planned ignoring.					
6. When the time is up, if your child has stopped whining, praise them for being quiet and give them an opportunity to ask nicely for what they want.					
7. If your child asks nicely, praise them for asking nicely and respond to their request.					
8. If the problem happens again, repeat the logical consequence for a longer period or use quiet time.					
NUMBER OF STEPS COMPLETED CORRECTLY:					