

YOUR INTERACTION RATIO

Think of a child whose behaviour is currently challenging you. Tick off the types of interactions you are having with this child and estimate how many of those interactions you might have in an hour, a session, or a day.

Type of statement	Example: Tick if these interactions are occurring	✓	Frequency (eg. 4/hr)
Corrective	'Walking feet inside.'		
Directive	'Put your hat on.'		
Reprimand	'No. Don't. Stop.' etc.		
Raised voice	'Calling out in a loud tone 'Jacob - enough!'		
Threat	'Play nicely on the slide or you will have to go inside.'		
Thinking time	Child is sent to another space such as the office.		
Denying request	Shake head or deny a child something they ask for.		
Criticism	'Uh oh, that's not how we use that.'		
Negative physical contact	Forcibly taking an object off a child or blocking / holding them, etc.		
Negative gestures / facial expression	Pointing, frowning, snapping, clapping etc.		
Rule reminder	'Jaxon, remember to keep your hands to yourself.'		
TOTAL			

Time to do some math...

Considering the above data, approximately how many negative interactions are you having with the child in a day? _____

Now times that by 5 = _____

This is the number of positive interactions required with the child to balance your interaction ratio to ensure a supportive and constructive relationship in which learning can occur?

You may need to work on reducing / neutralising the negative interactions at the same time as increasing the positives.