

How To Be A Good Cheerleader!








The cheerleader has two main activities.

1. Let your child know when he/she's doing a good job with the competing response (C.R.) exercises.
2. Remind him/her to do the exercises when he/she forgets about them.

When you see your child do the exercises, you should acknowledge the efforts by saying something like, '**Nice job!**' or '**Way to go!**', or provide praise in a way that is natural for you and your child.

As we've discussed, your child is supposed to start his/her exercise as soon as he/she starts doing the tic or feels it coming, but as with most people he/she'll probably forget to use them every once in a while. When this happens, we need you to help your child remember. If you see your child do a tic, but not the C.R., then you need to remind him/her to do so by saying something like, '**I just noticed that you had a tic, but didn't do your C.R. exercise! Don't forget to show that tic who's boss!**'.

Reminding vs. Nagging:

-  Give a gentle, polite, and constructive reminder, rather than a critical/demeaning remark i.e. create a code-phrase e.g. _____
-  Wait a few seconds after the tic before your reminder as your child may have been preparing to correct him/herself
-  Initially remind your child continuously. As he/she gets more familiar with the competing response and he/she is consistently controlling the tic, fade out your involvement
-  As a cheerleader: consistently emphasize positive changes. If slips occur, tell your child you appreciate their effort and then point out some positive aspect (e.g. the tic was not as loud or long) and you would like to see if he/she can try even harder to boss back that tic
-  For every reminder, you should have had at least 3 compliments beforehand.
-  Never have 2 reminders in a row; after a reminder, "catch'em being good!"
-  Occasionally ask, "____, do you still want me to congratulate you on not doing your tic/let you know when you do your tic?"

CLUB MEMBER: Remember to THANK your cheerleader(s) for their support – they are on YOUR side and just want to help (even if they are messing it up at first), so don't get angry with them!!!