

Tic Management

Cheerleading

[Male Speaker]

You know, one of the major foundations that the brake shop is built upon is that you can't just motivate away a leaky brake. Leaky brakes aren't learned behaviours that can be just unlearned, people in the brake shop what it is they shouldn't be doing, what they should be doing instead and what's going to happen to them if they keep doing the old thing. But in the absence of a good breaking system, behaviours not going to change and so the punishment will keep coming and that's just going to breed a sense of powerlessness and hopelessness, it's going to breed more frustration and it's going to amp up the stress that's causing they leaky brakes to come out in the first place. Trust me on this one, if all it took to get rid of this cycle of failure and conflict and humiliation and loss of privileges was to be a little bit more motivated, we would have been there and then some ages ago. The other thing is, and this can be hard to hear if you're a parent who loves their child very much and are torn up inside to see him/her struggling, you can't fix your child's leaky brakes for him. Only one person can use all these different tools that we've been teaching and that's the person with leaky brakes.

[Female Speaker 1]

My mom helps me a lot too, she'll really help me, she'll talk to me about how everything will be okay.

[Female Speaker 2]

And what do we say Hilary, if you need to say things to Newton, or to make yourself feel better that you can get through it.

[Female Speaker 1]

That we've totally beat him before.

[Female Speaker 2]

And how many against Newton?

[Female Speaker 1]

Like, eight against one, between me and my family.

[Male Speaker]

Now, that being said, this doesn't mean that you as an adult don't have an extremely important role to play in helping a child or youth managing their leaky brakes. All these different tools, as valuable as they are, can be undermined in different ways. They can

be interfered with in different ways unless you help out. For one thing, maybe only adults in your child's life doesn't know about this particular tool or what the assignment is for this week. In a situation like that, then there can be contradictory messages in consistent support and so it will be really crucial for you to be contacting any other adults involved, different caregivers or teachers to let them know so that everyone is on the same page. Another example is that maybe you're child really wants to use the tool but isn't really sure when to use it or isn't really aware in the moment that it is time to use it. So again, your involvement, really important. Maybe your child needs better medication management with ADHD, you can help with that. Maybe, your child needs you to brainstorm with him to come up with a good cueing system maybe a visual cueing system using different stickers around the house to remind him or a mutually agreed upon verbal cueing system. Here's one more example, maybe your child doesn't even want to try using the tool because he's already feeling pretty powerless and he doesn't see the point nothing worked in the pass, why would something work now, of course a situation like that this tool really is going to work and then he is going to be robbed of a really great strategy to make his life better, unless you take action. Here is a place where your cheerleading is going to be super important, very essential that you validate the situation that he is in and start to motivate him to try to use the tool because why we can't motivate away a leaky brakes we can motivate a person to try to use different tools that will help with leaky brakes, so we get the carrot out instead of the stick. You know, we encourage the use of the tool by acknowledging that you know, it is really hard to try and good for you for putting in the effort. Rewarding that effort regardless of how the tool actually works the first few times out. So, honestly, there is a lot of different great ways that you can be supporting your child, they are just different ways than from before. Now, when it comes to tic management, here are a few specific cheer leading duties. Number one, check in with your club member every once and a while to see are there any new tics coming out that they want to work on or any old ones trying to make a comeback. I recommend doing this at a regular time each week rather than in reaction to seeing that tic. I would also to keep the tension on the tics down, I would talk about them in non specific terms, I would ask something like are there any new tics you want me to help you with this week. If there are new tics that they want to work on, then help them to figure out some good tic blockers using for example our catalog on our website. Once they've targeted this first one they want to work on and they've got their tic blocker, help them monitor the use of that tic blocker. So, every time you see them use the tic blocker, give them a pat on the back, in a mutually agreed upon way. Every time you see the tic come out and they don't do the tic blocker, wait a second, and then remind them that they might want to use the tic blocker. Now, for whatever reason, they're beaker is full that day, they don't want to be using the tic blocker, your job is done. You're there to remind not to police, if we get into a power struggle, now we're increasing the stress, we're getting off track. You want to be doing a lot more patting on the back then you want to be doing reminding and over time you kind of want to be fading it all out as they're really getting the hang of it and as they're getting going on things. I wouldn't overload them when they first start working, maybe like the first week, first weekend on this tic that's some pretty hard work their doing. You need to acknowledge that for example by giving them a pass at school if

they seem a little distracted for the first few days of tic management or the weekend they first start working on their tic, that's not the weekend to invite over the 40 cousins or get them to clean out the really big dirty garage. If you're a club member watching this, I know your cheerleaders sometimes can be a little bit of a pain, but, you know, they are there because they want to help. Remember to thank them once and a while. Because you know now, getting a lift now and then is a great thing. I'm Dr. Dunk, stick that tool in your toolbox.

[Text at end of video]

Cheerleading - Tic Management

Can't motivate away a leaky brake!

Can't unlearn a leaky brake!

Punishment only makes leaky brakes WORSE!

Can't use FOR club members!

Cheerleaders can SUPPORT tool use though!

-Inform OTHER cheerleaders of tools!

-Increase ABILITY to use tools!

-Motivate to TRY tools!

Tic Management Cheerleading Duties:

-Check in regularly!

-Help create Tic Blockers!

-Help monitor Tic Blockers!

-Don't police use of Tic Blockers!

-Focus on EFFORT and the results will follow!

-Don't overload the club member!

Club members: THANK your cheerleaders - they are giving you a lift!