

Button Pushing

Parent and Young Child

Button pushing consists of one person (including the child) saying or doing something to another that results in the receiver experiencing a quick escalation of anxiety and related emotions (frustration, anger, sadness). A young child acting out may push his/her parent's buttons, leading the parent to have more of an emotional response than a logical, tempered response, further resulting in the original message / the lesson / rule / predetermined consequence being "lost" in the exchange.

Potential Hot Buttons for Parent (**Mom/Dad**)

1. Screaming (**M / D**)
2. Knocking things over on purpose (**M / D**)
3. Refusing to do something (**M / D**)
4. Uncontrollable crying (**M / D**)
5. Not following understandable directions (**M / D**)
6. Not accepting "No" as an answer (**M / D**)
7. Running away from you (**M / D**)
8. _____ (**M / D**)
9. _____ (**M / D**)
10. _____ (**M / D**)

A parent may also push the young child's buttons, thereby promoting a chain of events that result in the child engaging in a tantrum.

Potential Hot Buttons for young children

1. Being "yelled" at
2. Having something taken away (unpredictable)
3. A toy or game "not working" or that breaks
4. The parent's attention being given to someone (or something) else
5. Hearing the words: *No, Don't, Can't*
6. _____
7. _____
8. _____