



CTM Method Instructions

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General Basics

- CTM is a training method to STOP whining, fussy crying and tantrums for good.
- CTM stands for "Cover the Mouth".
- Set aside time to teach & train at home. (Just like potty training)
- Training takes consistency!
- Age range: 9 months to 5 or 6 years old
- Build a relationship of trust with your child.
- Parental responses should directly relate to behaviors.
- Keep in mind that children who behave with tantrums or similar behaviors will be happier when trained to behave properly!

"Remember, if you are struggling, something needs to change!"

10 Rules for the CTM Method

- #1 Remember that misbehaviors are an opportunity to teach and train a child to behave.
- #2 Expect the first few episodes using the CTM method to take some time. After that, the episodes will drastically reduce and stop completely when applied as directed.
- #3 Address the behaviors immediately. Don't wait until you are frustrated.
- #4 **Do not** apply CTM when you are angry.
- #5 Do not have any discussion during episode other than instructed.
- #6 NEVER inhibit breathing in any way!
- #7 If they flail, hold tightly to stop that behavior.
- #8 Give no reward of attention by watching them or by rubbing back/soothing words during bad behavior.
- #9 Continue until COMPLETELY finished with no signs of rebellious noises or behaviors.
- #10 BE CONSISTENT!



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CTM INITIAL ACTION

As soon as a child begins to whine, fuss, scream, throw a fit or tantrum, immediately cover their mouth to inhibit any sound that is coming from it.

CTM FOLLOW-THROUGH

CALMLY say ONLY these words: "When you are finished, I will let go."

Continue to hold your hand over their mouth.

When they stop for even a second or two, remove your hand and ask, "Are you finished?"

When they start to scream again, promptly replace your hand over their mouth and repeat, "When you are finished, I will let go."

Continue this until they are COMPLETELY finished behaving badly.

(NOTE: Remember the first time or two, they will cry harder and scream louder until they learn this is not going to be allowed.)

CTM FOLLOW-UP

Allow child to wash face/hands if they have gone on with behavior or a long time.

If the reason for the episode was FRUSTRATION:

Tell them this behavior is not appropriate or acceptable for any reason. Then discuss the frustration they had and allow them to tell you their feelings. Give them suggestions on how to remedy the problem. Give hugs and kisses and move on.

If the reason for the episode was MANIPULATION:

Tell them this behavior is unacceptable and will not be tolerated. If they do it again, their mouth will be covered again. Move on. Give hugs and kisses throughout the day, but not around manipulative bad behavior.

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