

BEHAVIOR @ HOME

Simple Behavior Strategies

This webinar will share simple behavior strategies that can be used at home to prevent challenging behavior and help maintain calm at home. Strategies include those that are used in school settings that can also be used at home during school closures. Presenters will review how to use the strategies and the benefits of each.

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Hosted by Family Focus Resource Center

https://www.csun.edu/family-focus-resource-center

Simple strategies that make a big difference					
Proactive Strategies	Encouraging Good Behavior				
Strategies we use before challenging behavior May prevent challenging behavior Take time and energy before challenging behavior occurs May save time in the long run	Ensure basics needs are met Food Attention Activity Medication(s)				
Encouraging Good Behavior	Reminders				
Changes to the environment Trigger the behavior you want to see Predictability, routine, and consistency Clear easy to understand directions	Schedule changes and transitions Rewards to be earned and when Keeps them motivated especially during difficult tasks				
Provide choices whenever possible Types of materials to use for a task What activity to do first Where to do an activity Gives the child a sense of control	Notes:				

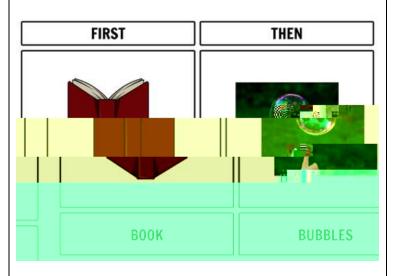
First Then Statements

Using first then statements helps kids know what to expect and what is next

clean your room and then play

Work best when a difficult task is followed by a more fun activity
Also work as reminders of what is on the schedule

Can be combined with other strategies we have discussed



Frequent Breaks

Kids may have better behavior when they are given frequent breaks
Break up tasks and have movement breaks as needed
Doing any activity too long may cause difficulty maintaining focus or transitioning to something new
How frequent breaks are depends on your child

Advanced Strategies

Teaching missing skills

Communication

Behavioral Momentum

Non-contingent reinforcement

Environmental enrichment

Teaching Missing Skills

missing skills
Identify missing skills
Make a plan to teach
Takes time to learn new skills
Some kids are missing skills that others
learn easily

Difficult behavior may occur due to

Notes:

Communication

Behavioral Momentum

Many challenges come from difficulty with communication
Give kids the words they need to meet their needs