

Interventions to Promote Positive Behaviors

<p>Establish Expectations:</p> <ul style="list-style-type: none"> ● Expectations should be clearly stated and written. ● Practice the expectations together. ● Model and role-play the expectations. ● State expectations in the positive. ● Begin with no more than five expectations. ● Keep expectations concise. <p>Example: Speak respectfully- inside voice, kind words</p>	<p>House Expectations:</p>
<p>Use Transition Countdowns/Warnings:</p> <ul style="list-style-type: none"> ● Warn in advance before changing an activity. ● When possible, tell the plans for the day/evening etc. and write the plans down. A verbal and written review of plans for the day is best. ● Create To Do Lists or Checklists so that your child can check tasks off as they are completed. <p>Example: “Once this show goes off, I need you to sort your laundry.”</p>	<p>Countdown Materials:</p> <p>Auditory Timer - on phone or individual timer</p> <p>Sand Timer - hourglass, different increment hourglasses (1 minute, 2 minutes, 5 minutes, 10 minutes)</p> <p>Agenda written on small dry erase board</p> <p>Agenda written on a sheet of paper</p> <p>Desk Calendar</p>
<p>Use Validating Statements:</p> <ul style="list-style-type: none"> ● Acknowledge how she/he is feeling. <p>Example: “I know you are enjoying your game and don’t want to turn it off for the night, but it is time to go to bed so you are rested.”</p>	<p>Communicate in “I” statements:</p> <ul style="list-style-type: none"> ● When possible use “I” statements to try to foster empathy. ● “When I heard you say ‘I don’t care,’ I felt sad and hurt.”

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<p>Phrase directives in Positives and as true directives rather than questions:</p> <ul style="list-style-type: none">• “Walk” instead of “Don’t Run”• “Sit” instead of “Don’t Jump”• “Come here” instead of asking “can you come here?”	<p>Deliver directives one at a time:</p> <p>First say: “Come here” and point to a spot beside you.</p> <p>Once she/he has complied, then deliver the next directive. “Sit here, ma’am/sir” while pointing.</p>
<p>Use Specific Praise:</p> <ul style="list-style-type: none">• Praise her/him and state specifically why you are praising her/him <p>Example: “Thank you so much for asking permission before you went outside.”</p>	<p>Write Praise Statements for Behaviors You Hope to See:</p>
<p>Avoid Power Struggles:</p> <ul style="list-style-type: none">• Stick to facts.• Do not engage in long explanations.• Restate the expectation and then state the possible consequence.• Then enforce the consequence if the behavior persists.• Maintain a calm presence. Take deep breaths and monitor your posture, tone, and volume.	<p>List Common Power Struggles:</p>

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<p>Present Directives as Choices when Possible:</p> <ul style="list-style-type: none">• Do you want to use a pencil or pen?• Do you want to wear green or blue?• Do you want to sit in this seat or that seat?	<p>Menu of Choices:</p>
<p>Set Limits:</p> <ul style="list-style-type: none">• Make sure the limit you set is Clear and Simple.• Make sure it is Reasonable and Proportionate to the Behavior.• Consistently enforce the Consequence.	<p>Create Consequences for Common Behaviors:</p>
<p>Reinforce:</p> <ul style="list-style-type: none">• Reinforce any time your child displays the correct behavior.• Remember, reinforcement can be as simple as specific praise.• Use small reinforcers frequently and outline clearly how to earn these.• Use large reinforcers after so many small reinforcers have been earned.• Provide a menu she/he can choose from.	<p>Menu of Small Reinforcers:</p> <p>Menu of Large Reinforcers:</p>

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Examples:

Chore Chart

	Chore: Make bed	Chore: Pick up clutter	Chore: Clothes in hamper	Chore: Clear own dishes	Chore: Load dishwasher	Chore: Take out trash	Chore:	Chore:
Monday		✓	✓	✓	✓			
Tuesday	✓	✓		✓		✓		
Wednesday	✓		✓	✓				
Thursday		✓		✓	✓	✓		
Friday	✓		✓		✓	✓		
Saturday	✓	✓	✓	✓		✓		
Sunday	✓	✓	✓	✓	✓	✓		

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★ John's Point Chart ★

Get dressed 10 points	
Brush teeth 10 points	
Clean up dishes 5 points	
Finish homework 10 points	
Clean up toys 15 points	
Positive attitude 1 point	
Listening well 1 point	

Reference:

<https://positivepsychologyprogram.com/positive-reinforcement-psychology/>

Interventions created by Kristen Sims, M.S., LPC, NCC, NBCC Doctoral Fellow

Weekly Teen Incentive Chart

Weekly Chart

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

If I earn ____ points for the week I can _____.

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See positive change with this popular approach to chores, homework, and more

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8:00	breakfast
9:00	reading
10:00	Playgroup
12:00	lunch
12:30	nap / quiet time
3:00	snack time
3:45	Swim lessons
5:00	dinner
7:00	bath
8:00	bed time

Reference: <https://modernparentsmessykids.com/summer-fun-days-simple-routine/>

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