Positive Solutions for Families

Session 7:
Putting It All Together With a Plan



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What's Happening Today?



- ✓Apply It and Try It Reflections
- ✓Affirmations
- ✓Be a Detective
- ✓Developing a Plan
- ✓Meet Brendan
- ✓Making your Own Plan

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Apply It and Try It Reflection

How things are going at home	Logical consequences

What strategies have you started using?

How are they working?

How did your child react?

How did it make you feel?



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Affirmations



Statements that are **encouraging** and **motivating**



Help us **feel strong**



Help us feel **optimistic** about change

Make a note!

Reflect on the changes you have made or your efforts with your child.

Challenging Behavior: What We Know

- Happens when children lack language or social skills
- Happens when children are stressed (tired, hungry, ill, different expectations)
- Challenging behavior works



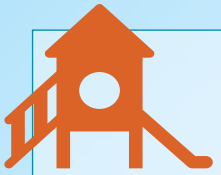
Behavior Can Mean Many Things



"I want you to pay attention to me."



"I want that (toy, food, paint, etc.)."



"I want to play with you."



"I don't want to stop what I am doing."

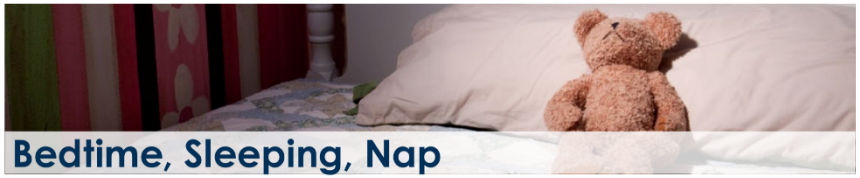


"I don't want to clean up!"

Developing a Plan

Three Essential Parts

Prevent	• Use prevention strategies to keep challenging behavior from happening.
Teach	• Teach your child new ways to communicate or new skills for participating in routines or expectations.
Responses or Reinforcers	• New responses to make sure that your child's challenging behavior does not work for them. • Reinforcers to strengthen behaviors you want.



Bedtime, Sleeping, Nap

Your child doesn't like to sleep (or nap) or is not tired.

Prevent the Behavior

- Use a book! Find a children's book on this topic or make your own using photos. Read the book to your child often and prior to the sleep routine. Point out the steps in the sleep routine while you read the book.
- Set a timer, and let child know when it goes off, nap time is over.
- Allow child to use a favorite sleep item (e.g., stuffed animal, pillow, blanket).
- Give child alternative quiet activities (e.g., reading a book, color, squish ball) to do if not tired.
- Use first-then visual or verbal cue: first sleep; then___.
- Schedule a fun activity after sleep and use stories or first-then statements ("First sleep, then cartoons in the morning.") to remind your child of the schedule prior to sleep time.
- Try to darken the room or your child's sleep area.
- Keep your child's room at a comfortable temperature (e.g., not too hot or too cold).
- Keep the bedroom clutter free and limited of distractions.
- When quiet, lying down, and covered, offer to rub back for a short period of time, then leave for a minute or two. While your child is still lying down and quiet, return again to rub their back; do this intermittently.
- Allow child to look at a book or to do a quiet activity while staying in bed for nap or sleep.
- Play soothing music.
- Avoid technology (e.g., television, iPad, phone) at least an hour before the scheduled bedtime or nap time. Too much exposure to blue light can affect children's natural sleep rhythms.
- Keep bedtime consistent even through the weekend.
- Your child might not need naps any longer, maybe just to go to bed a bit earlier at nighttime.
- Praise for resting quietly.

Respond

- Remind child of favorite or fun activity that comes next.
- Tell your child, "First, rest quietly; then I will rub your back." Wait for child to quiet. This will not reinforce problem behavior if your child is quiet.
- Validate feelings, and offer alternative, "I know this is hard. You want to play, but it is time to rest. You can lie down, and when you are quiet, I will sit with you, or you can look at a book."
- Offer child choice of alternate quiet activity (e.g., stuffed animal, book, color, squish ball). Say, "First rest quietly; then you can ___ or ___."

Teach New Skills

- Teach your child to stay in bed and sleep.
- Teach your child to ask to have back rubbed.
- Teach your child to make a choice of a quiet activity.
- Teach your child how to use a first, then visual (if using this strategy).

Prevention

Minimize the possibility that your child will have challenging behavior

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Teach New Skills

- Ask for a turn
- Ask for an object
- Ask for an activity
- Ask for help
- Ask for a hug
- Ask to leave
- Say, “No”
- Say, “I don’t want to”
- Make a choice
- Follow a schedule

Strategies for Teaching New Skills

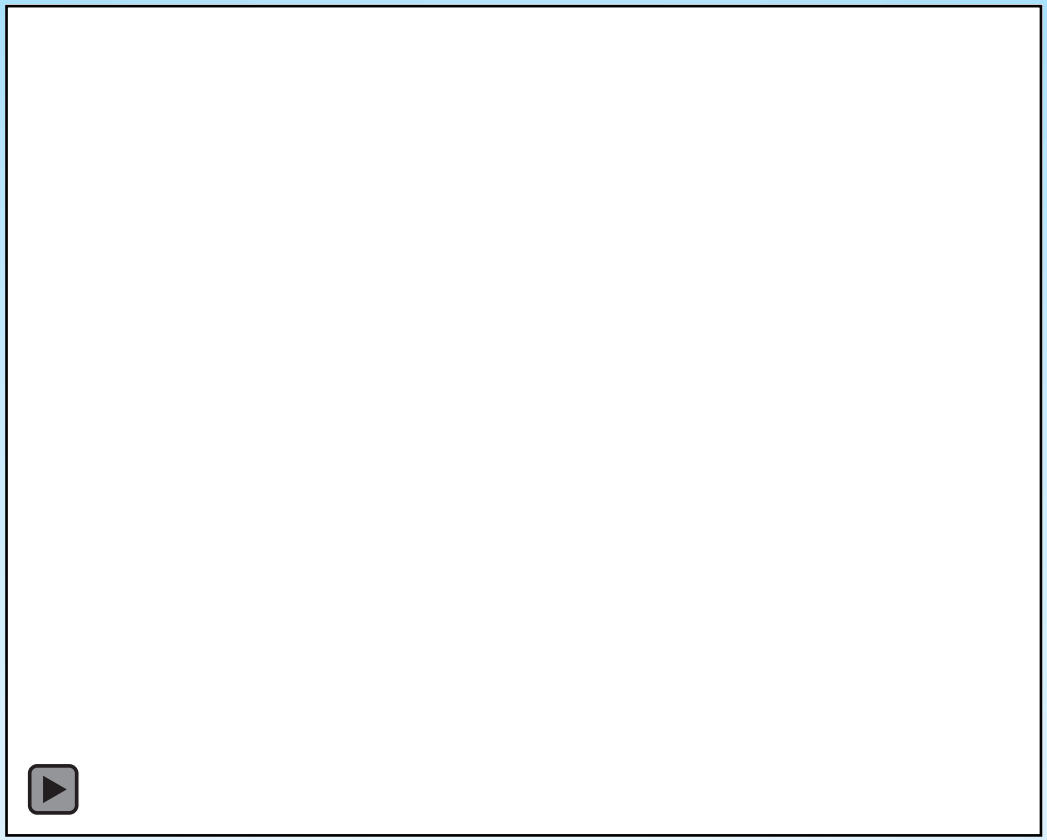
1. Prompt or model for your child what you want them to do *(e.g., "Say, I want a turn.")*
2. Practice Makes Perfect! Practice multiple times a day, especially when the child is not having challenging behavior.
3. Provide praise or reinforcement for your child's efforts and success.

New Responses:
How Do I Respond When Challenging Behavior Occurs?

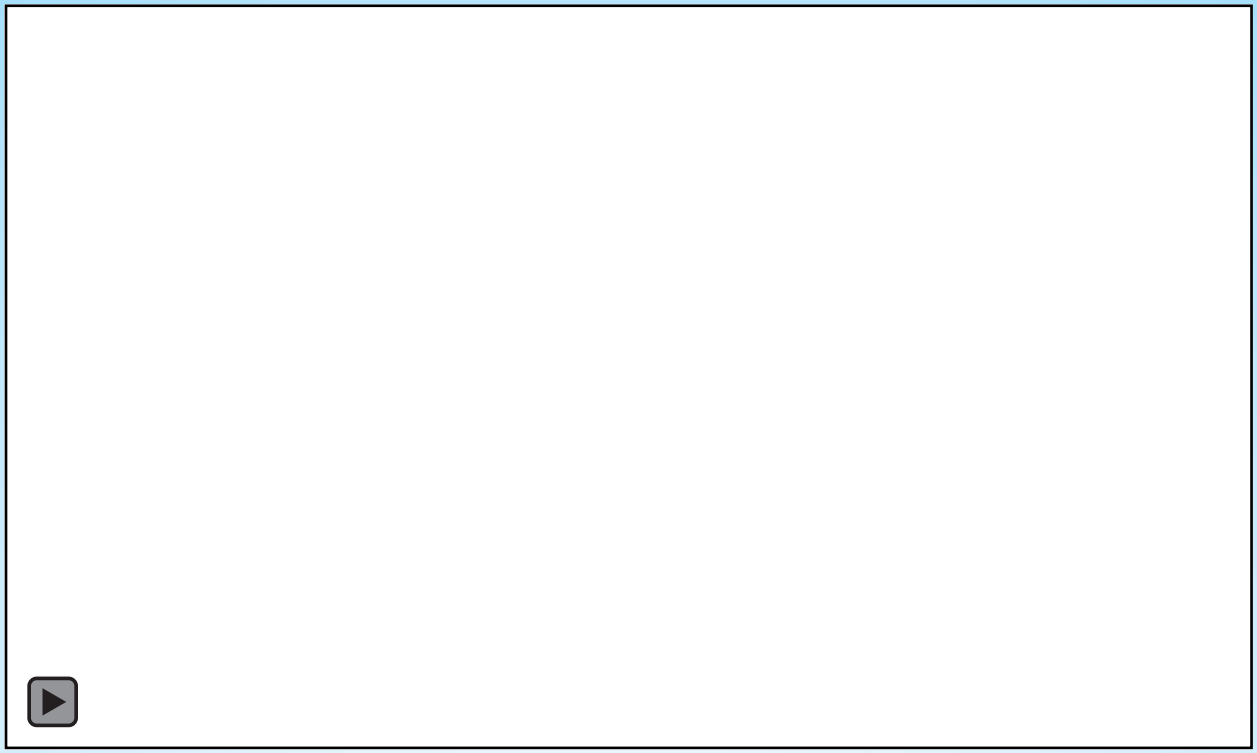
- Say to your child, “You can use your words to tell me ____ or show me ____.”
- Then give you child what they want.

- Sometimes we can’t let children have what they want.
  - Validate emotions, restate rule, and follow with a choice.
  - *"You must sit in your car seat, but you can hold your bear or hold your blankie.”*

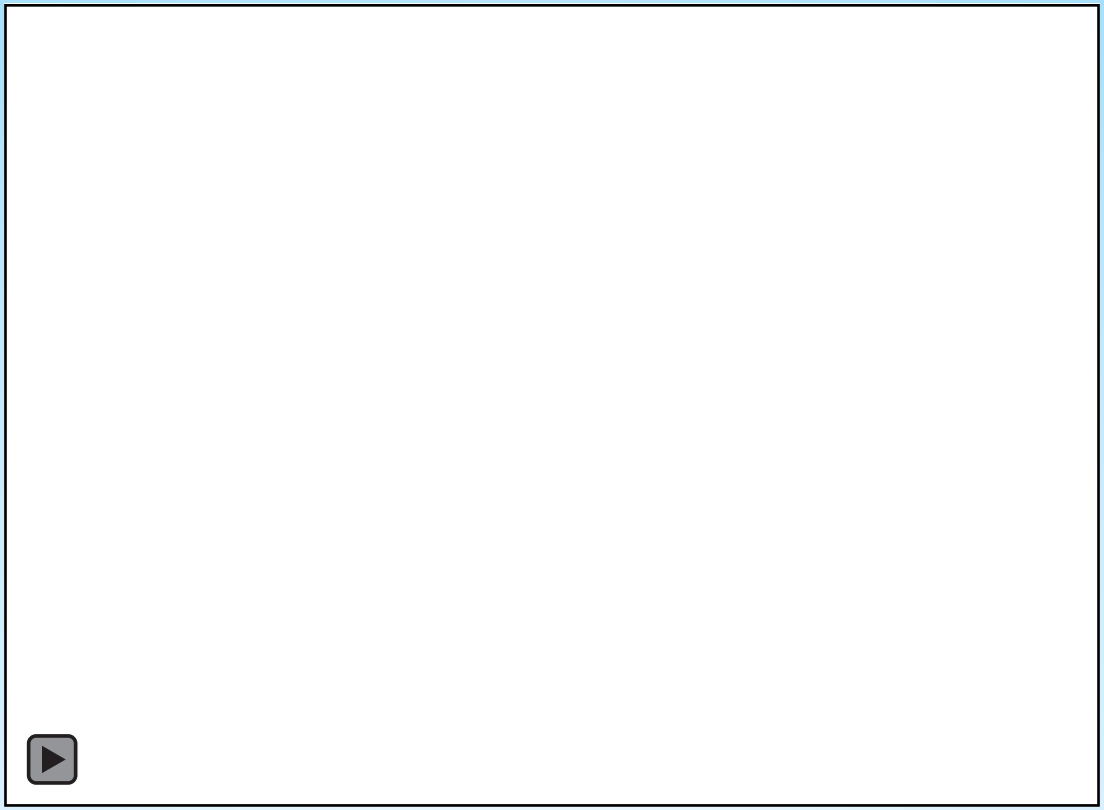
Brendan Before



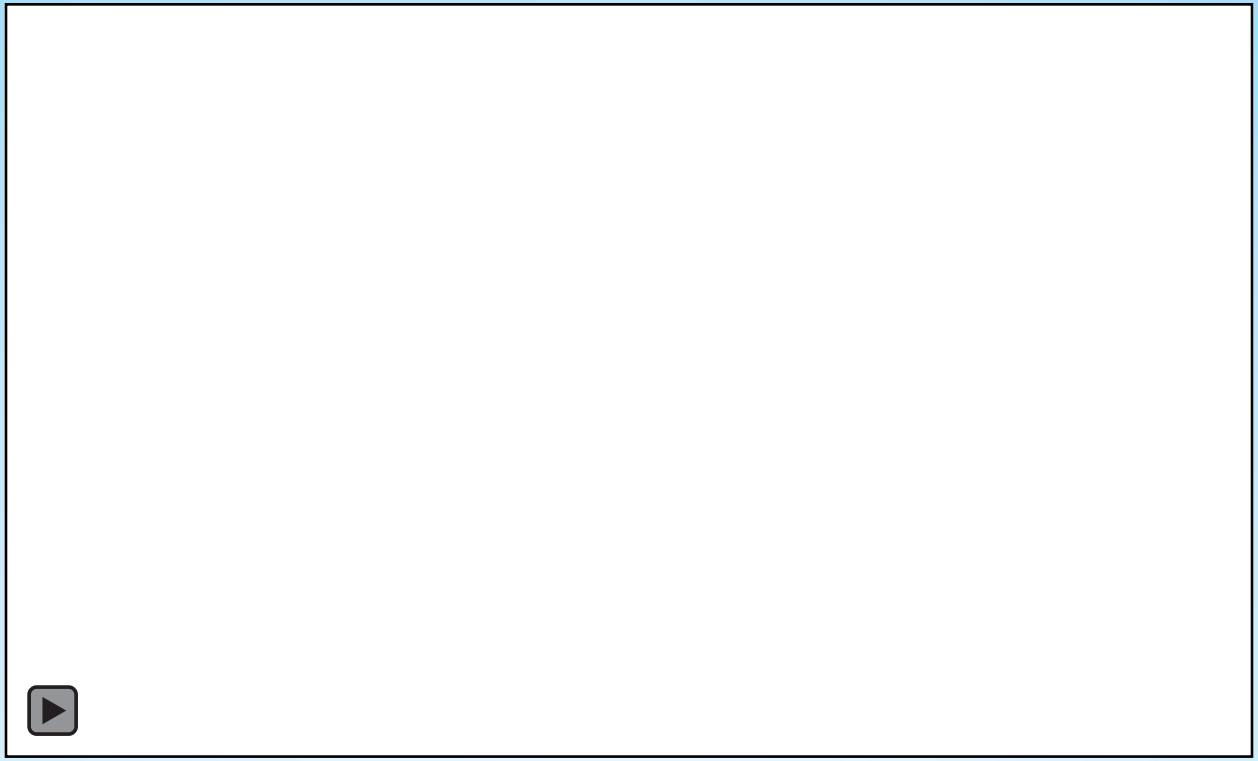
Life Before a Plan



Routine with a Plan



Life with a Plan



You Try It!

Get in Pairs

1. Identify the routine where your child has challenging behavior
2. Identify the function of the behavior (strategies need to match the function)
3. Select strategies (a few from each category):
   - Prevention
   - Teaching
   - Responding



Activity

Positive Solutions for Families- You Did It!



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Thank You

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Project officer, Sunyoung Ahn.

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