



# BEHAVIOR STRATEGIES



## Give Clear and Consistent Expectations

- Have 4-5 rules
- Stated positively
- Use visuals & words
- Remind daily
- Display in every room



### EXAMPLES

Use inside voice



Feet on the floor



Keep hands to yourself.



## Establish Routines



- State each step of what is involved to complete everyday common activities.
- Teach and use these steps consistently every day.
- Include visuals when necessary.



### EXAMPLES

Morning  
Breakfast  
Snack  
Supper  
Homework  
Leisure time  
Bedtime



## Pre-Teach

- Tell your child what you want them to do prior to an activity.
- Give reminders to help your child be successful.
- Use positive language when stating expectations.

*Say what you mean  
And mean what you say*





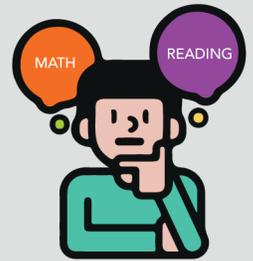
## Reinforce Expected Behavior Immediately After it Occurs

- Catch 'em being Good
- "You are playing quietly!"
- "Thank you for using your inside voice."
- "You are sharing with your friend so nicely!"



## Provide Choices When Possible

- "Which cup do you want to drink from?"
- "Do you want to do Math homework first or Reading homework first?"
- "Do you want to take out the trash or empty the dishwasher?"



## Use First-Then

Deliver a reinforcement after a non-preferred activity.

### EXAMPLE

- "First eat your peas and then you get dessert."
- "First clean your room and then you can play."



## "Change It Up" When Responding to Behaviors



### Expected Behaviors:

(Behaviors you **DO** want to see)

- Verbal praise
- Physical affection
- Tangible or preferred items
- Time with parent/family
- Access to desired activity



### Unexpected Behaviors:

(Behaviors you **DON'T** want to see)

- Avoid focusing on unexpected behavior
- Validate child's feelings
- Redirect to expected behavior
- Give a break or cool off time
- Follow through with expectations

*(You may need more than one of these responses to help your child through a difficulty)*

# BEHAVIOR TIPS



## Collaboration between Teacher and Family



## Keep Calm

You are a role model

Model a calm voice

Try to remain calm



## Take "5" for Yourself

- Deep breath
- Go for a walk
- Eat healthy
- Praise your partner
- Rest each night
- Use humor
- Communication



## Use Preventions

### SENSE OF CONTROL:

- Give choices
- First-then

### CLEAR DIRECTIONS:

- Expectations
- Rules
- Positive words
- Reminders
- Consistency

### PREDICTABILITY:

- Routines
- Warning time
- Timers
- Transition cues



For more information contact:

**FDLRS REACH**

**754-321-3466**

or Visit: <https://reach.fdlrs.org/>



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Resources:

Cooper, J., Heron, T., & Heward, W. (2020). *Applied behavior analysis global edition*. Pearson.

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Popkin, M. (2014). *Active parenting: A parent's guide to raising happy and successful children*. Active Parenting Publishers.