Behavior Strategies

Give Clear and Consistent Expectation

Have 4-5 rules

"Use an inside voice!"

Stated positively

"Feet on the floor."

Use visuals & words

"Keep your hands to yourself."

Remind daily

Display in every room

Establish Routines

State every step of what is involved to complete everyday common activities.

Teach and use these steps **consistently** every day.

Include visuals when necessary. Provide reinforcement.

Examples of activities you may want to establish routines for:

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 want to take out the trash or empty the dishwasher?"

Use First-Then

Deliver a reinforcement after a non-preferred activity.

"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

For EXPECTED Behaviors:

(Behaviors you want to see)

Verbal Praise

Physical affection

Tangible or preferred items

Time with parent/family

Access to desired activity

For 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"

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

Work on same behaviors

Try to use same reinforcers

Use a Calm Voice

You are a role model

Model a calm voice

Try to remain calm

Take "5" for Yourself

Deep Breath

Rest each night

Go for a walk

Use humor

Eat Healthy
Communication
Praise your partner

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.
Limitless Littles. (2023). *First then board* [Photograph].
Popkin, M. (2014). *Active parenting: A parent's guide to raising happy and successful children*. Active Parenting Publishers.

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