



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

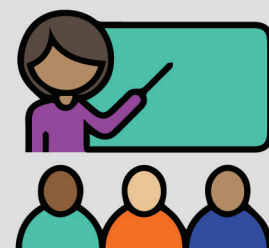
Morning
Breakfast
Snack
Supper
Homework
Leisure time
Bedtime



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)

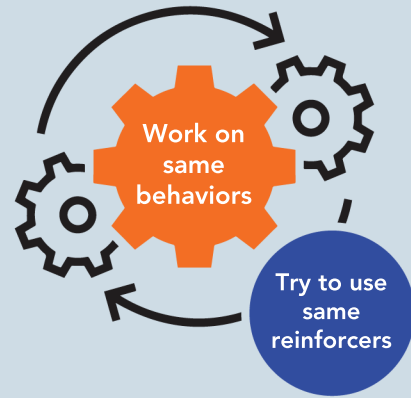
- Avoid focusing on unexpected behavior
- Validate child's feelings
- Redirect to expected behavior
- Give a break or cool off time
- Follow through with expectations

(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