

**BEHAVIOR @ HOME****Simple Behavior Strategies**

This webinar will share simple behavior strategies that can be used at home to prevent challenging behavior and help maintain calm at home. Strategies include those that are used in school settings that can also be used at home during school closures. Presenters will review how to use the strategies and the benefits of each.



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Hosted by Family Focus Resource Center

<https://www.csun.edu/family-focus-resource-center>

Simple strategies that make a big difference	
Proactive Strategies	Encouraging Good Behavior
<ul style="list-style-type: none">✓ Strategies we use before challenging behavior✓ May prevent challenging behavior✓ Take time and energy before challenging behavior occurs✓ May save time in the long run	<ul style="list-style-type: none">✓ Ensure basics needs are met✓ Food✓ Attention✓ Activity✓ Medication(s)
Encouraging Good Behavior	Reminders
<ul style="list-style-type: none">✓ Changes to the environment✓ Trigger the behavior you want to see✓ Predictability, routine, and consistency✓ Clear easy to understand directions	<ul style="list-style-type: none">✓ Schedule changes and transitions✓ Rewards to be earned and when✓ Helps them prepare for what's next✓ Keeps them motivated especially during difficult tasks
Choices	Notes:
<ul style="list-style-type: none">✓ Provide choices whenever possible✓ Types of materials to use for a task✓ What activity to do first✓ Where to do an activity✓ Gives the child a sense of control	

Timers	
<p>Helps kids...</p> <ul style="list-style-type: none"> ✓ See how long they have for a task or with a reward ✓ See how long they have to wait for something ✓ Set boundaries ✓ Help kids understand time and expectations ✓ Prepare them for transitions ✓ Increases compliance 	<ul style="list-style-type: none"> ✓ Amazon Sand timers, cube timer, digital kitchen timer ✓ Lakeshore Learning https://www.lakeshorelearning.com ✓ Time Timer https://www.timetimer.com ✓ Time Tracker from Learning Resources https://www.learningresources.com 
	
Visual Supports	Rewards
<ul style="list-style-type: none"> ✓ Schedules ✓ Routines with pictures ✓ Visual cues (notes/reminders) ✓ Individual charts 	<ul style="list-style-type: none"> ✓ Rewards can help kids follow directions and do difficult tasks ✓ Letting them know what reward they will earn can keep them motivated ✓ Use rewards they can only get for following directions or completing a task ✓ Save certain things to use as rewards
<p>Notes:</p>	<ul style="list-style-type: none"> ✓ Rewarding good behavior will increase this behavior ✓ Make sure to use things that are rewarding and this is different for all kids and may depend on their age ✓ Rewards are not bribes! ✓ Special activities ✓ Extra time on electronics ✓ Money or allowance ✓ Token systems ✓ Toys or candy

<p>First Then Statements</p> <ul style="list-style-type: none"> ✓ Using first then statements helps kids know what to expect and what is next ✓ "First math and then 30 min of TV" ✓ "First clean your room and then play outside" ✓ Work best when a difficult task is followed by a more fun activity ✓ Also work as reminders of what is on the schedule ✓ Can be combined with other strategies we have discussed 	<table border="1"> <tr> <td data-bbox="764 291 1110 342">FIRST</td><td data-bbox="1110 291 1468 342">THEN</td></tr> <tr> <td data-bbox="764 342 1110 667">  </td><td data-bbox="1110 342 1468 667">  </td></tr> <tr> <td data-bbox="764 667 1110 758">BOOK</td><td data-bbox="1110 667 1468 758">BUBBLES</td></tr> </table>	FIRST	THEN			BOOK	BUBBLES
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<p>Frequent Breaks</p> <ul style="list-style-type: none"> ✓ Kids may have better behavior when they are given frequent breaks ✓ Break up tasks and have movement breaks as needed ✓ Doing any activity too long may cause difficulty maintaining focus or transitioning to something new ✓ How frequent breaks are depends on your child 	<p>Advanced Strategies</p> <ul style="list-style-type: none"> ✓ Teaching missing skills ✓ Communication ✓ Behavioral Momentum ✓ Non-contingent reinforcement ✓ Environmental enrichment 						
<p>Teaching Missing Skills</p> <ul style="list-style-type: none"> ✓ Difficult behavior may occur due to missing skills ✓ Identify missing skills ✓ Make a plan to teach ✓ Takes time to learn new skills ✓ Some kids are missing skills that others learn easily 	<p>Notes:</p>						

