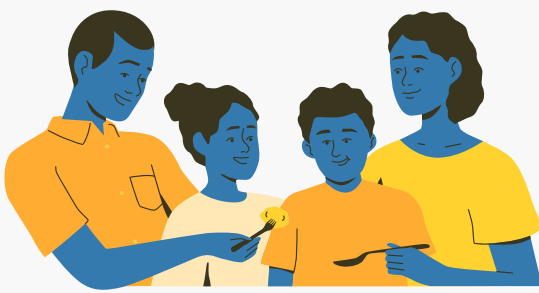


Positive Behavior Management Strategies



Positive Behavior Strategies are used to build relationships between a parent and their child. These strategies teach new skills and help improve the climate at home.

The first step of introducing positive behavior strategies is to define, teach, and consistently acknowledge family expectations.

EXPECTATION

Some examples of family expectations may be: being respectful, taking responsibility for your actions, and speaking with a kind voice.

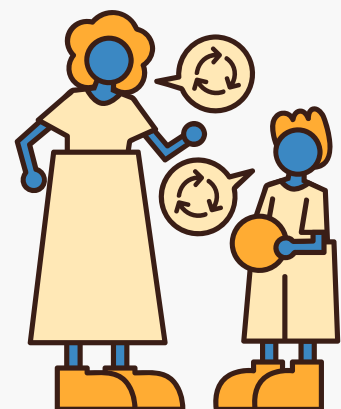


The second step is creating a predictable and engaging routine.

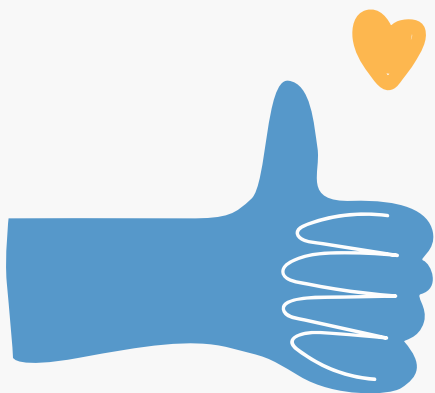
Children often like knowing their schedule for the day. Cues are a great way to let a child know what is coming next. Examples of providing cues could be: sand timers, pictures of the daily schedule, or chimes that signal a change is coming.

The third step is to set the stage for positive behavior.

Setting the stage for positive behavior makes it more likely that the child will show/do the behaviors you want to see rather than problem behavior. Examples of setting the stage are modeling what you want to see, using first/then statements, providing choices, and telling the child what to do rather than telling them what not to do.



The fourth step is to provide attention and behavior-specific praise when the child engages in positive behaviors.



Behavior-specific praise is a positive statement towards a child that describes the desirable behavior in a specific way. Behavior-specific praise lets a child know what exactly they were doing that they received praise for. Examples of behavior-specific praise are:

- You did such a great job putting on your shoes!
- I like the way you said please and thank you after asking for your juice!
- Thank you for putting your coat in the closet!
- You can also show you like what your child is doing through comments, facial expressions and gestures.

References:

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