



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

Helps kids...

- ✓ 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



- ✓ 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

- ✓ Schedules
- ✓ Routines with pictures
- ✓ Visual cues (notes/reminders)
- ✓ Individual charts

Notes:

- ✓ 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

- ✓ 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>	<table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="764 296 1110 342">FIRST</td> <td data-bbox="1110 296 1466 342">THEN</td> </tr> <tr> <td data-bbox="764 352 1110 667">  </td> <td data-bbox="1110 352 1466 667">  </td> </tr> <tr> <td data-bbox="764 678 1110 758">BOOK</td> <td data-bbox="1110 678 1466 758">BUBBLES</td> </tr> </table>	FIRST	THEN			BOOK	BUBBLES
FIRST		THEN					
							
BOOK	BUBBLES						
<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 							
<p>Frequent Breaks</p>	<p>Advanced Strategies</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 	<ul style="list-style-type: none"> ✓ Teaching missing skills ✓ Communication ✓ Behavioral Momentum ✓ Non-contingent reinforcement ✓ Environmental enrichment 						
<p>Teaching Missing Skills</p>	<p>Notes:</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 							

Communication	Behavioral Momentum
<ul style="list-style-type: none"> ✓ Many challenges come from difficulty with communication ✓ Give kids the words they need to meet their needs ✓ Picture icons they can point to 	<ul style="list-style-type: none"> ✓ Tasks get easier once you start ✓ Start with easier tasks first ✓ Provide help in the beginning ✓ Make it fun!
Noncontingent Reinforcement	Environmental Enrichment
<ul style="list-style-type: none"> ✓ Provide reinforcement throughout the day ✓ Attention ✓ Praise and positive statements ✓ Fun activities ✓ Not dependent on earning – just because ✓ 	<ul style="list-style-type: none"> ✓ Structure in the environment may improve behavior ✓ Create dedicated spaces to do activities ✓ Create dedicated spaces where things belong ✓ Make the environment fun and kid friendly ✓
<p>Notes:</p>	

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Behavior Basics

One of the challenges parents are facing is understanding and managing difficult behavior at home. This webinar will help you understand what behavior communicates and effective strategies to help you meet those needs. We will cover functions of behavior, how to respond to challenging behavior, teaching missing skills, and seeing behavior as communication to inform parenting strategies.

May 20th at 3:00pm

Registration and more information at:

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

Use this link to access all the resources shared during the presentation along with templates to create your own schedules and visual supports.

<https://tinyurl.com/FFRCBehavior>