

BEHAVIOR @ HOME

Simple Behavior Strategies

Simple strategies that can make a big difference!

Presented by Michelle Heid, MA, BCBA

Hosted by Family Focus Resource Center



Simple Behavior Strategies

- ✓ Proactive strategies
- ✓ Reminders
- ✓ Choices
- ✓ Timers
- ✓ Visual supports
- ✓ Rewards, and more
- ✓ Advanced Strategies



Proactive Strategies

- ✓ 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



Encouraging Good Behavior

- ✓ Ensure basics needs are met
- ✓ Food
- ✓ Attention
- ✓ Activity
- ✓ Medication(s)



Encouraging Good Behavior

- ✓ Changes to the environment
- ✓ Trigger the behavior you want to see
- ✓ Predictability, routine, and consistency
- ✓ Clear easy to understand directions



LIKE THIS!



NOT LIKE THIS!

Reminders

- ✓ 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

- ✓ 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

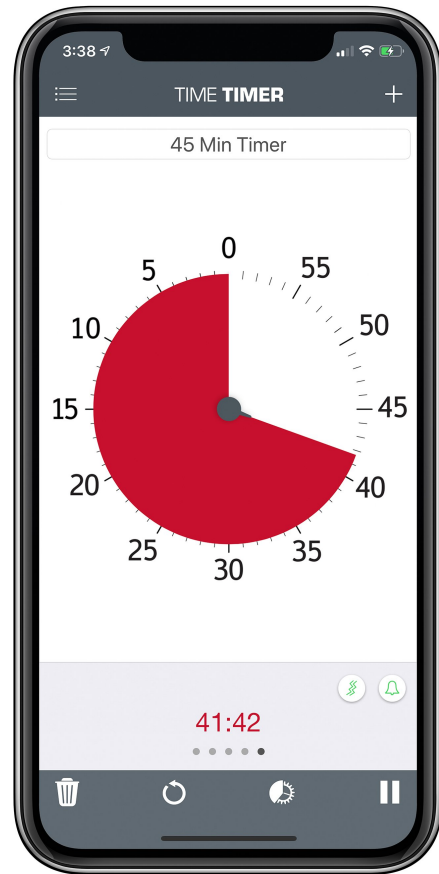






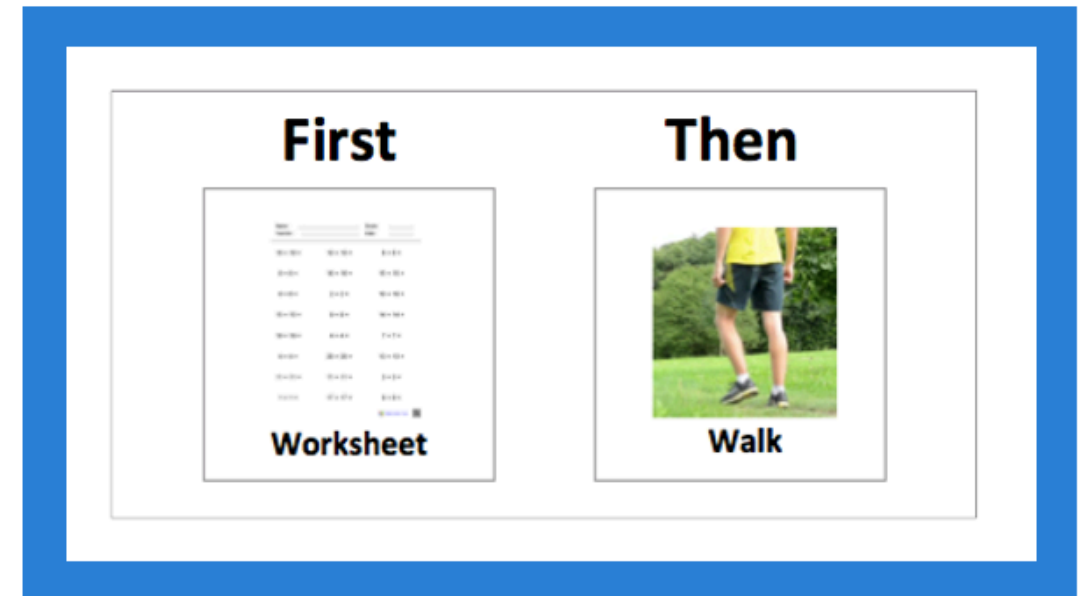
*When you press start,
time begins and the light turns green.*





Visual Supports

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



Rewards

- ✓ 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



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!



Rewards

- ✓ Special activities
- ✓ Extra time on electronics
- ✓ Money or allowance
- ✓ Token systems
- ✓ Toys or candy



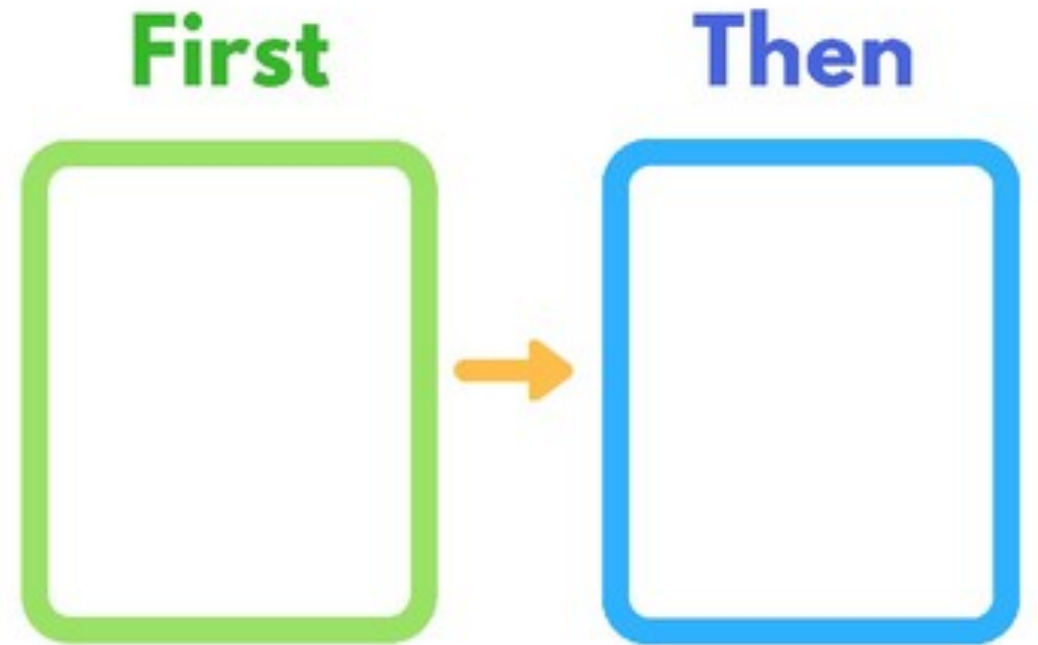
First Then Statements

- ✓ 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"

FIRST	THEN
	
BOOK	BUBBLES

First Then Statements

- ✓ 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



Frequent Breaks

- ✓ 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



Advanced Strategies

- ✓ Teaching missing skills
- ✓ Communication
- ✓ Behavioral Momentum
- ✓ Non-contingent reinforcement
- ✓ Environmental enrichment



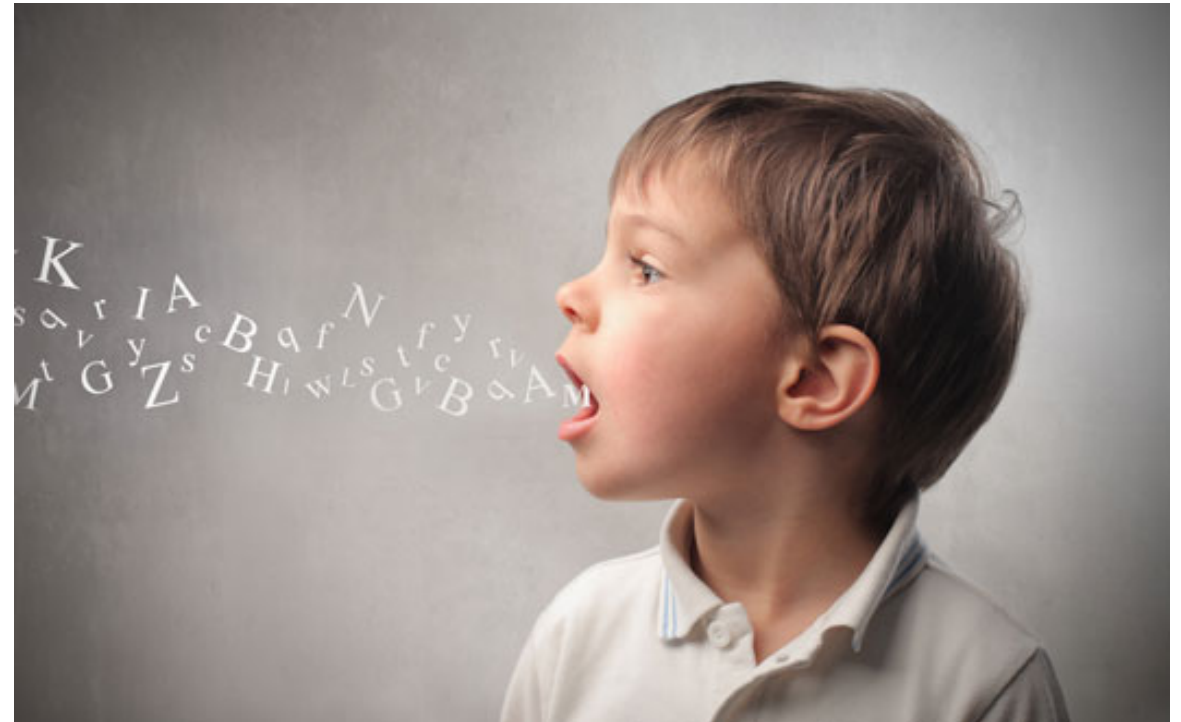
Teaching Missing Skills

- ✓ 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

- ✓ Many challenges come from difficulty with communication
- ✓ Give kids the words they need to meet their needs
- ✓ Picture icons they can point to



Behavioral Momentum

- ✓ Tasks get easier once you start
- ✓ Start with easier tasks first
- ✓ Provide help in the beginning
- ✓ Make it fun!



Noncontingent Reinforcement

- ✓ Provide reinforcement throughout the day
- ✓ Attention
- ✓ Praise and positive statements
- ✓ Fun activities
- ✓ Not dependent on earning – just because



Environmental Enrichment

- ✓ 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



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Thank You!!

Behavior Basics

May 20th at 3:00pm

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