



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.

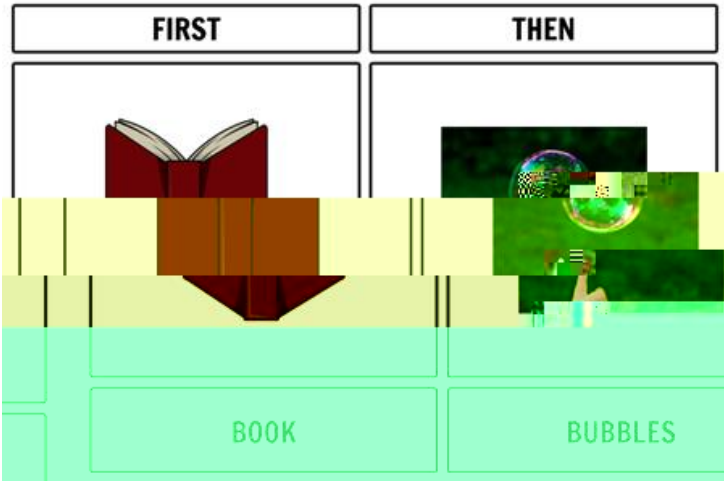
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<https://www.csun.edu/family-focus-resource-center>

Simple strategies that make a big difference	
Proactive Strategies	Encouraging Good Behavior
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	Ensure basics needs are met Food Attention Activity Medication(s)
Encouraging Good Behavior	Reminders
Changes to the environment Trigger the behavior you want to see Predictability, routine, and consistency Clear easy to understand directions	Schedule changes and transitions Rewards to be earned and when Keeps them motivated especially during difficult tasks
Choices	Notes:
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	

First Then Statements	
Using first then statements helps kids know what to expect and what is next clean your room and then play 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	Advanced Strategies
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	Teaching missing skills Communication Behavioral Momentum Non-contingent reinforcement Environmental enrichment
Teaching Missing Skills	Notes:
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
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Many challenges come from difficulty
with communication
Give kids the words they need to meet
their needs