

General Behavior Strategies

These strategies are meant to serve as general strategies to support positive behavior during this uncertain time period. Please note that these tools will need to be adjusted to meet the needs of your own child and family, as well as the activities provided by your child’s teacher. They are things to use every day and BEFORE the problem behavior happens.

Routines	I would come up with really simple schedule for your day. The schedule attached is a SAMPLE schedule that can be modified to meet your own needs. Maintaining consistency will help your child to know what to expect and make things easier for you. Please note that it might take a few days to “get in the swing of things”, but it will be worth it.	<u>Sample Schedule:</u> 8:00- Breakfast 8:30- Math activities 9:00- Coloring 9:30- Math or Reading activities 10:00- Play doh or craft then play with toys 11:40- Clean up and wash hands 12:00- Lunch 12:30- Active play/ exercise 1:30- Reading activities 2:00- Craft 2:30- Snack 3:00- Play with toys 4:00- Science/ Social Studies 4:30- Online Learning 6:00- Dinner 6:30- Play with toys 7:30- Bedtime routine 8:30- Bedtime
Visual Schedules	If your child has a difficult time with following routines, you might want to consider a visual schedule. This could include simple pictures on their tablet or on a sheet of paper on the wall. The following link provides some simple pictures to get you started. I did not create this, but I thought it was a great resource to get you started.	https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615
Clear Expectations	Set clear expectations. Be sure to know what you WANT your child to do and HOW. The clearer you are about what is expected, the more likely they are to follow. Praise them when	<u>Sample Expectation:</u> “I need you to please stop at the

	<p>they comply. The more attention you pay to good behavior, the more they will show it.</p> <p>In addition, consider choosing a few rules, with simple words, that you repeat throughout the day. Praise them when they comply. The more attention you pay to good behavior, the more they will show it.</p>	<p>door, take off your shoes, and then take them to your bedroom and put them neatly in your closet.”</p> <p><u>Sample Rules:</u> Hands and feet to yourself Quiet voice Stop and listen</p>
<p>REINFORCE. REINFORCE. REINFORCE.</p>	<p>Your child needs to be motivated to do what you want them to do. (We don't go to work without a paycheck, right 😊) Here are a couple of ways to do this:</p> <ol style="list-style-type: none"> a. Choose some GOOD behaviors that you want to see MORE of, and when you see them, tell your child. Attention will usually work, but you can also reward with goldfish, etc. for good behavior if it doesn't or if you want to up the ante. Be sure that you ALWAYS say what specific behavior earned them the reward. b. They can also earn access to breaks, fun activities, or electronics for complying with schoolwork, etc. 	<p><u>Sample Good Behavior Praise:</u> “Thank you for doing what I asked right away.”</p> <p><u>Sample Reinforcement Using Activity:</u> “Once you finish this math worksheet, let's color a picture together.”</p>
<p>Keep Your Cool</p>	<p>I know that times like this can be stressful, and additional time at home, stuck indoors, can be challenging. Find time to take care of yourself. The calmer and more in-control you are as the parent, the calmer your child will be.</p> <p>If you get overwhelmed and it is safe to do so:</p> <ol style="list-style-type: none"> a. Have another caregiver step in and take a few minutes to collect yourself. b. Go into the bathroom and turn the water on for a few minutes c. Get a drink of water d. Take some deep breaths. <p>If you find yourself in an argument with a child, it is time to step away for a minute and recollect. NO good comes from two people continuing to escalate, even if one of them is under the age of 10. Remain calm and confident.</p>	
<p>Additional Resources</p>	<p>Sample schedules, token boards, etc. from Easter Seals: https://l.ead.me/bbTE3n</p>	

A Social Distancing Social Story:

https://grcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615