

## Tips for Managing Behavior

1. **Don't Get Physical**
  - a. Using any physical control is inappropriate, unless there is an eminent safety issue.
  - b. Extreme behaviors signal a need to page parents.
2. **Adjust Your Language**
  - a. Use language that the child can understand.
  - b. Use short sentences or single words.
  - c. Use sign language or other visual clues as you speak.
3. **Use Praise, Praise, and More Praise**
  - a. Focus lots of praise on positive and acceptable behaviors.
  - b. Include the actual behavior in your praise. Say, "Nice *sitting*." "Good job *listening*." "I like how you're *playing*."
4. **Ignore It**
  - a. Ignore minor misbehavior, minimally bothersome behaviors and harmless repetitive behaviors.
  - b. Decide what can be ignored and stick to it.
5. **Save the No's**
  - a. "No" should be reserved for when you really need it.
  - b. Use other negative verbalizations such as "Uh-uh." "Stop." and "I don't think so."
6. **Break It Down**
  - a. Take an activity step by step.
  - b. Praise the child at each step.
7. **Support for Success**
  - a. Control what you can to ensure that the child is successful in completing the task.
  - b. Modify and improvise as needed to help engagement.
8. **Acknowledge Child's Feelings**
  - a. You can say, "I know it's hard" or "I can tell you are mad."
  - b. Try to have the child verbalize his or her feelings. You can prompt the child with, "Say I'm sad!"
9. **Give the Child Plenty of Notice Before a Change**
  - a. Give the child some time to process and accept a change, but stick to it.
  - b. Use a picture or object to aide in communicating the change.
10. **Ask For the Behavior You Want, Not What You Don't Want**
  - a. Keep your language positive. ("Walk please," vs. "Don't run.")
  - b. Reinforce good behavior and improvement often.