

Behavior Basics 1: Understanding Problem Behavior & Regaining Control

Things to Remember

- Problem behaviors are the easiest and most effective way for a child to get their needs/wants met
- Reward the desirable alternative behaviors with the same consequence the problem behavior gets the child
 - Attention
 - Teach how to request attention
 - Escape/Avoidance
 - Teach how to ask for help or a break
 - Tangibles/Activities
 - Teach to accept “No” or “Wait”
- Avoid using punishment as much as possible
 - Reward desired behaviors often
 - Ignore minor problem behaviors

Interventions

- “First/Then”
 - Follow less preferred activities with more preferred activities
 - “First eat your vegetables, then you can eat dessert.”
 - “First brush your teeth, then you can put on your princess outfit.”
- “No, but...”
 - When needing to say “No”, offer an alternative that may not be exactly what they want, but is still desirable
 - “No, you can’t play video games, but we can play Lego’s.”
- Time Out
 - Once you tell a child to go to timeout, you must maintain the expectation they go to timeout, even if it is only momentarily
 - Avoid putting a time limit on the time out
 - When the child is ready to stop the problem behavior or engage in the desired behavior, the timeout is over