

TOP 10 TIPS

Positive Behavior Support Tips for Positive Behavior

1. Remember 5:1 with positives.

Make a big deal about the good things you see. Say at least 5 positive things for every correction or redirection you give.

2. Set the stage for success... reward the effort.

Notice if your child is trying to change his/her behavior. If a child gets praise for trying he/she will keep trying!

3. Give clear, specific directions.

Describe very clearly the behavior you want to see. Don't lecture! The more you talk the less they listen!

4. Stay calm. Use a calm voice.

Even if your blood is boiling, keep your voice and your body language calm! Don't escalate your behavior!

5. Set reasonable limits.

Don't make the rules too hard to follow.

6. Be consistent. YES means YES and NO means NO.

Think before you speak! If you say NO and change your mind because your child whines, you will teach him to whine to get his/her way.

7. Set the example. Actions speak louder than words.

Your child is watching what you do everyday. They will do what you do. If you want them to speak in a respectful way, you must be respectful.

8. Proactively anticipate the situation.

Set up the situation so your child can be successful. Make sure the rules are clear ahead of time.

9. Have patience. A little goes a long way!

No one is perfect all the time! Changes in behavior occur over time, not over night.

10. Have fun and enjoy the ride!

Sometimes you just have to laugh! Make sure your child knows that you enjoy his company.

Six Steps to Responding to Conflict Constructively

1. Set the Stage

- Agree to address the issues in conflict
- Find a private space & eliminate distractions
- Agree on guidelines

2. Listen to and tell stories

- Each person has uninterrupted time to tell his/her perception of the situation
- Each person listens and paraphrases what he/she heard

3. Clarify Issues

- Agree on what issues are to be resolved
- Identify each person's needs

4. Generate Options

- Brainstorm possible solutions
- Don't criticize others' ideas until brainstorming is completed
- List as many ideas as possible
- Focus on what you can do; not what won't work
- Be creative!

5. Evaluate Options

- Reality tests the options, ask, "If we decide to do this, how will it work out?"
- Look for options that satisfy everybody

6. Moving Forward

- Fine tune your agreements in terms of who, what, when, and how
- Or, if consensus is not reached, agree to disagree and decide where to go from there