## **Supporting Positive Behavior at Home**

## **Be Proactive**

Applied Behavior Analysis (ABA) tells us that all behaviors happen for a reason, even challenging behaviors. Those reasons are:

- To communicate a want or need
- ♦ To get someone's attention
- ◆ To avoid something
- ♦ To meet an internal sensory need

## Make sure your children have a way to:

- Tell you when they need something, or have a way to get what they need themselves. Make some things more accessible so they do not have to ask you.
- Get your attention and occupy themselves when you are busy. Pull out the toys and activities they can safely do on their own.
- Communicate they need a break when things get overwhelming or stressful. Make sure you let them have breaks.
- ✓ Meet their sensory needs through movement and sensory activities. Make sure they get up and move, get outside to play.

## SetYour Home Up for Success!

- ✓ Establish a routine. This does <u>not</u> mean you have to plan everything! Having some consistency and predictability will help your children feel more in control and to know what the expectations are.
- Schedule smart! Use "First-Then" language and have children "first" do what you want them to, "then" do what they want.
- ✓ Set up your environment for children to be independent. Set out what they need to complete 'school at home' work. Have extra tasks and activities available to keep them busy.
- ✓ Keep your children engaged. Actively engaged children will have less time to engage in challenging behaviors!
- Build in time for breaks, movement, and simply to connect and check in with one another.
- ✓ Involve children in daily household tasks. Have them help out when you have to cook, clean, etc.
- ✓ Reward the positive! Acknowledge them when they are quiet, cooperative, playing, helping, and working hard!

