

Supporting Positive Behavior at Home

Be Proactive

**Make sure
your children have
a way to:**

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
-
- ✓ 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.

Set Your Home Up for Success!

- ✓ Establish a routine. This does not 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!