

BEHAVIOR MANAGEMENT TIP SHEET

Four Functions of Behavior:

- ✓ To get attention (positive and negative)
 - ✓ To get preferred objects
 - ✓ To escape or avoid
- ✓ Self-stimulation (it feels good)

Three Positively-Worded Rules:

1. Clearly Posted
2. Explicitly Taught
3. Consistently Reinforced

Precision Commands

Direct, polite, uses child's name, explains the behavior you WANT.

"Jason, I need you to wash your hands now."

Sometimes the best response is to IGNORE. Ask yourself: Is it dangerous? Is it persistent? Is it grossly distracting others?

Praise

Specifically praises the behavior you LIKED that you saw (no backhanded compliments!)

"Great job putting all of those toys away!"

Logical Consequences

Let kids and youth learn from their own choices

"We didn't get a chance to go outside because you took too long on the last activity. Maybe next time will be better!"

Adults Lead the Way: Manage Your Stress

It is your responsibility to model making good choices and managing strong feelings. You need to take care of yourself to avoid burnout!

1. Know when to get advice.
2. Know when to walk away.
3. Take care of yourself daily AND in difficult moments.

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