

MANAGING CHALLENGING BEHAVIOR

Presented by:

Jodi Chesman, Behavior Support Teacher, Social and Emotional Support Services

Lisa Grant, Program Specialist, Autism Spectrum Disorders Services

GOALS:

- * Identify pro-active strategies to help manage children's behaviors

- * Identify responsive strategies to help manage behaviors

PROACTIVE STRATEGIES

- ▶ How can we proactively address behaviors to avoid finding ourselves in power struggles or stressed and frustrated by our children's behavior?

BE PREPARED

- State expectations
- Be consistent
- Take items with you are out of the house

IF - THEN

- Natural consequence
 - Positive
 - Negative

REINFORCEMENT

- ▶ Acknowledging and rewarding (or reinforcing) a child for engaging in an appropriate (desirable) behavior.



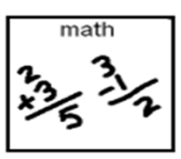

REINFORCEMENT –

- Effective when used correctly
- Vary reinforcement
- Ensure that what you have is reinforcing
- Praising effort






VISUAL SUPPORTS

- Check Sheets
- Behavior Contracts
- Picture Prompts
- ☺ Charts

First-Then Example

| | |
|--|---|
|  First |  Then |
|  |  |

William's Rules

| | | | | |
|--|---|--|---|--|
| quiet  | listen  | calm body  | look  | use words  |
|--|---|--|---|--|

| | |
|-------|------|
| First | Then |
|-------|------|

MORNING CHECKLIST

1. GO TO THE BATHROOM..... _____
2. BRUSH TEETH..... _____
3. GET DRESSED..... _____
4. MAKE BED..... _____
5. GET BREAKFAST..... _____

Abby's Reward Chart

Abby will earn a prize from the prize box when she has 8 😊. She will get 😊 when she has a part of her day without any whining or crying. GO ABBY!!!!

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| AM | | | | | | | |
| PM | | | | | | | |
| Bonus | | | | | | | |

RESPONSIVE STRATEGIES

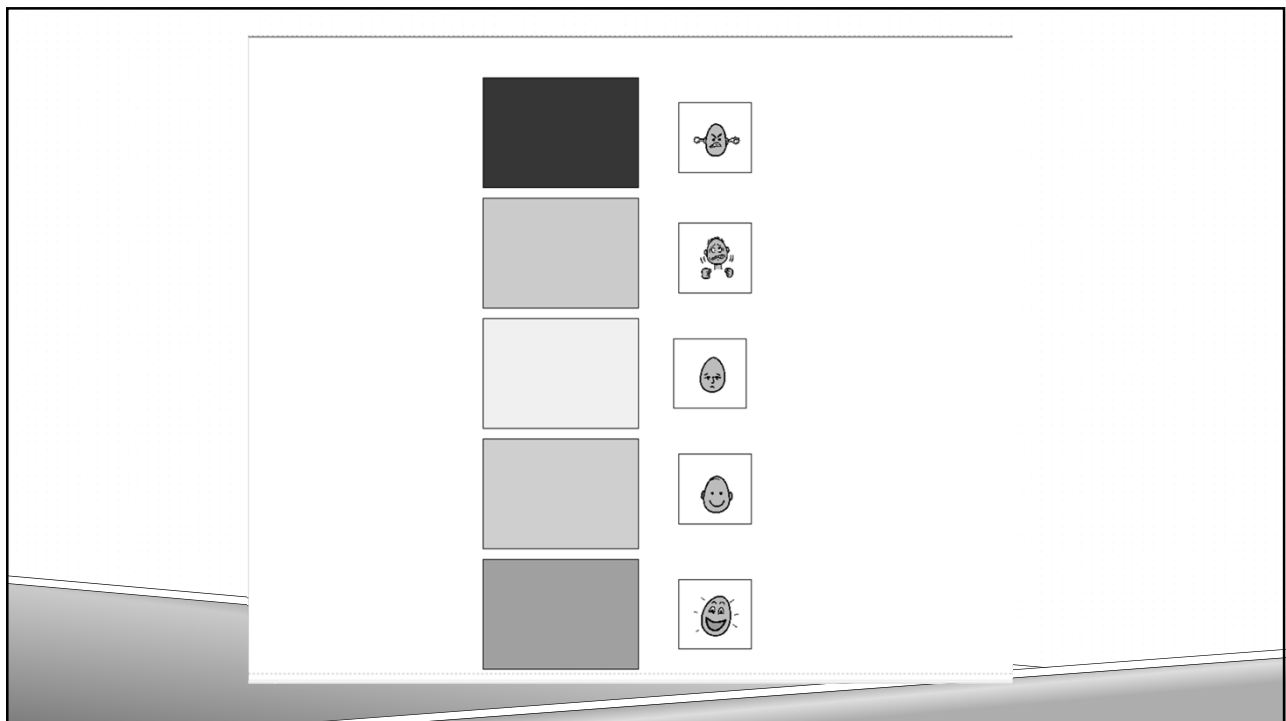
- ▶ How can we respond to challenging situations and behaviors?
- ▶ What do we do when the pro-active strategies do not work?

RESPONSIVE STRATEGIES

- ▶ Our response impacts our children
- ▶ We must provide the “out” for the behavior.

THE PROACTIVE STRATEGIES CAN BE USED HERE TOO!

- ▶ Refer to the reinforcement plan (if you have one)
- ▶ Use If/Then statements
- ▶ Bring out visual supports
- ▶ Clarify expectations.



RESPONDING TO BEHAVIORS

- Remain Calm
- Listen and acknowledge that you hear what your child is saying
- Allow for wait time

RESPONDING TO BEHAVIORS

- Calming strategies
- Planned ignoring
- Limited language
- Redirection

