

EFFECTIVE BEHAVIOR MANAGEMENT FOR PARENTS

“CATCH ‘EM BEIN’ GOOD!”

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Four Basic Behavior Management Practices

Practices	Strategies & Examples
<p>Watch! (Supervise Actively)</p>	<ul style="list-style-type: none"> • Be there....obvious....regular....positive....watching • Arrange for positive interactions • Don't nag.....catch 'em bein' good
<p>Catch 'em early! (Precorrect)</p>	<ul style="list-style-type: none"> • Go to or review problem context before problem occurs • Remind of desired behavior • Say/try it • Praise
<p>Teach & play! (Engage Actively)</p>	<ul style="list-style-type: none"> • Arrange for success with prosocial peers & adults • Check frequently • Teach self-management skills • Praise expected behavior
<p>Catch 'em bein' good! (Acknowledge expected behavior)</p>	<ul style="list-style-type: none"> • Give at least 4 positives for every negative • State expected or desired behavior • Respond immediately • Individualize • Be positive

Strategies for Getting Involved with and Supporting Your Child’s School

Strategy	Examples
<i>Talk about school at home.</i>	<ul style="list-style-type: none"> • Ask your child to tell one thing that was learned today, or to name one thing you did well today. • Ask your child what is being discussed in a class. • •
<i>Praise successes, efforts, and progress daily.</i>	<ul style="list-style-type: none"> • Tell your child that you notice how hard he or she is trying. • Notice improvements in work quality and accuracy. • •
<i>Be with your child.</i>	<ul style="list-style-type: none"> • Read/sit with your child while homework is being done. • Have child do assignment in kitchen while dinner is being prepared. • Limit passive activities by doing things with your child. • •
<i>Talk with your child’s teacher weekly</i>	<ul style="list-style-type: none"> • Ask the teacher what your child studying. • Tell the teacher about things your child is good at doing. • Suggest things that have been helpful for your child. • Praise the efforts of your child’s teacher • •

<p><i>Build a daily routine for homework</i></p>	<ul style="list-style-type: none"> • Establish a regular time and place. • Supervise actively, positively, regularly. • Reward all efforts frequently. • Catch ‘em early before an error occurs (don’t “nag”). • •
<p><i>Teach and acknowledge positive school-wide expectations, rules, and routines.</i></p>	<ul style="list-style-type: none"> • Ask your child to tell the positive expectations and usual classroom routines. • Ask your child to give you positive examples of school rules and expectations. • Praise and acknowledge displays of positive expectations at school and home. • •



TOP TEN POSITIVE BEHAVIOR TIPS

1. Remember 5 positives to 1 negative
2. Set the stage for success, reward the effort
3. Give clear, specific directions
4. Stay calm, use a calm voice - Nagging gets you nowhere!
5. Set reasonable limits – Avoid using “always” or “never”
6. Be CONSISTENT! - “Yes means Yes and No means No”
7. Set the example – Actions speak louder than words
8. Proactively anticipate situations
9. Have patience – A little goes a long way
10. Have fun and enjoy the ride!

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