



Top Behavior Management Tips



Behavior Management Helps Reduce Your Child's Behavior Problems

1.) Ensure the Child Understands Why Her Behavior is a Problem

While it may seem a child should "know better," talking about behavior is an important first step in behavior management. Some students do not think about their behavior or anticipate consequences when they have impulse control problems and difficulty picking up on social expectations. Describe problem behavior in a firm but non-confrontational tone. Some students respond better to a whispered reminder than a loud voice. Explain the behavior in specific terms the student will understand, and state why it is a problem.

- **Do Say:** "Throwing the baseball in the house can hurt someone."
- **Don't Say:** "Stop rough-housing."

2.) Explain Why Behavior is a Problem and What Will Be Done About It

Behavior Management is More Successful with Good Communication.

Clearly state the problems caused by the student's behavior. The student may be getting on your last nerve, but avoid criticizing him in a personal way. Realize you may need to repeat this strategy over time until the child stops the problem behavior.

- **Do Say:** "Your room is dirty because your toys were on the floor and not placed in the basket. I can show you where the toys go."
- **Don't Say:** "If you're too lazy to put your toys in the basket, I'm not helping you."

3.) Model Appropriate Behavior for Your Child

Modeling Behavior is Helpful in Behavior Management.

Before responding to the behavior, it can be helpful to take three deep breaths to relax and think about what the best response would be. Calmly but firmly, explain the

behavior you want the child to perform. Use specific language to describe what the child should or should not do. Strive to keep a firm but unemotional tone that is free from sarcasm.

- **Do Say:** "Use a quiet voice inside the restaurant."
- **Don't Say:** "Act right!"

4.) Show By Your Actions and Attitude that You Believe in Your Child

Words and Body Language Convey Confidence in Behavior Management.

Encourage and reinforce the child's positive behaviors whenever possible. Although you may be frustrated by behavior, speak positively to the child and let her know you have confidence in her.

- **Do Say:** "Let's practice our calming down strategies, I can help you."
- **Don't Say:** "Other kids can behave, why can't you?"

5.) Recognize That Behavior Change Can Take Time

Behavior Management Takes Time and Persistence.

Give honest, specific praise for any progress the child makes toward meeting behavior goals, even if he does not meet the goal in its entirety.

- **Do Say:** "I like how you calmed down, you did a great job."
- **Don't Say:** "I can't believe it took you almost an hour to calm down."

6.) Plan Ahead for Safe and Appropriate Options When Behavior is a Problem

Behavior Management Requires Planning for Success with the Right Support.

Know what situations cause problems for her, and prepare safe alternatives for her. Young children may enjoy role-playing ahead of time to learn the rules and expectations of the setting you will be in. Rehearse with them what they can do if they become angry or need to release some energy. Breathing techniques, taking a quick walk with a parent, playing word games, practicing math facts, and guessing games are often helpful for kids of all ages.