

## Positive Behavior Techniques

- 1. Give children choices:** “Would you like to clean your room now or in 20 minutes?”
- 2. Set a timer:** This can be used for homework, bedtime, etc.
- 3. Play for 20 minutes, do Homework for 20 minutes:** Homework can be split into chunks.
- 4. Make a behavior chart to hang on the refrigerator:** Give children a star when they have done the right thing, give them privileges after they have earned a certain number of stars
- 5. Make a list of rules for your house:** I will go to bed on time; I will clean my room, etc.
- 6. Take away privileges when they have made a poor choice:** Tell them how their privileges can be earned back.
- 7. Use natural and logical consequences:** You didn’t make your bed this morning, so you must make it this afternoon before you play.
- 8. Set firm limits:** Don’t threaten to do something that you’re not willing to follow through on.
- 9. Teach children to take responsibility for their behavior:** Write and role play how to improve behavior.
- 10. If you expect it . . . teach it:** Teach children how to listen; look me in the eyes, nod, etc.