

# Five Powerful Techniques to Successfully Redirect Challenging Behaviors

## Provide a Prompt

### General Verbal Reminder

- Child running: Let's move "Turtle speed"
- Screaming: "I wonder if we can use a whisper voice."
- Cleaning up before lunch "First clean up - then snack!"
- Whining: "Use your deep/calm voice please."
- Starting to respond intensely: "Rainbow breathe"
- Encroaching on other's space: "Everybody do a "space check"... anyone within your space?"

### Say it with a word

- "Feet" if walking off the sidewalk into the grass
- "Shoes" to take shoes off at front door
- "Folders" take folders out of backpack
- "Chair" to remind them to clean up their spot
- "Coat" When kids need to hang up their coats

### Give a Silent Clue

- Stop
- Open handed hug
- "T" with hands for time out

### Describe the Problem

- "I see you both want to play with the phone right now, What can you do?"
- "The coats on the floor are in the way of the door."



### First - Then Statements

- "First clean up, then snack."
- "First bathroom, then the park."
- "First clean up, then gym time!"
- "First we are going to do the calendar, then yoga!"
- "First we put on sunscreen, then we go outside!"

### Give Information

- "When toys are spread out on the floor, people can trip on the toys."
- Discuss what the plan is - "In 10 minutes we are going to clean up, then bathroom and outside."
- "When you wait until I am done talking, I can hear you better."

### Talk about your feelings

- "I feel scared when you are not in your car-seat in the car."
- "It makes me unhappy when you throw our books"
- "I love it when you clean up, you are so fast"
- "I feel sad when you don't help clean up."



## Broken Record Technique

### Lining up at the Door

1. "It's time to line up at the door."
2. "Walk your feet to the door."
3. "First line up, then outside time."
4. "Pick a spot in line."
5. "Line up, please."
6. "Line."

### Clean Up

1. "It is time to clean up and wash up for snack."
2. "It is so difficult for you to leave that train set! And, that snack is going to taste very good."
3. "First put the train away... Then snack."
4. "Train set goes away now. Snack is next."
5. "Train in the bin, thank you."

## Offer Assistance

- Getting dressed: "Would you like to put on your snowpants or would you like me to help you?"
- Coming to Circle Time: "Can you walk to circle by yourself or would you like to hold my hand?"
- Washing hands: "Would you like me to turn on the water for you or would you like to do it by yourself?"
- Going outside: "Do you need help with zipping your jacket or do you want to do it yourself?"
- Struggling with shoes: "Do you want a friend want to help? Or, do you want to do it by yourself?"
- Clean up: "Can you put the trucks in the bin by yourself or do you need my help?"



## Present a Choice

### Clean Up

- "Would you like to clean up the cars or the blocks?"
- "Which song would you like to choose for cleanup time?"
- "Should we clean fast or slow? "
- "What color toys will you pick up today?"
- "Do you want to clean up with music or in silence?"
- "Do you want to pick up the trains or the tracks?"
- "Want to clean up the reading area or kitchen?"

### Nap Time

- "Would you like to look at a book or hold a stuffed animal?"
- "Can you help me choose where to put your mat today?"
- "Would you like to sleep with the piggy or the elephant?"
- "Would you like a story or music to calm down on your cot?"
- "Do you want the red blanket or the blue blanket?"
- "You can lay down now or shake your wiggles out for 30 seconds then lay down"

## Find the "Yes" within the "No"

"Can I play longer?"

"Yes! You can keep playing with blocks again after nap."

"Can we read one more book?"

Yes! We can read another book after we \_\_\_\_\_"





# Inspiring Toddlers 3 Cheat Sheet

## Positive Toddler Tricks and Guidance to Get Toddlers to Follow Your Direction

Ideas compiled from our live webinar participant insight

### Lighten up! Make Following the Rule Fun.

#### Be Fun

- Diaper change
  - Going to look for a treasure in the bathroom
  - Hop like a bunny to the bathroom
  - Fly around "Super Baby" to changing table
- Cleanup
  - "Cleaning dance party!"
  - "Find five yellow toys"
  - "Let's beat the timer!"
  - Go "shopping", using the toy to pick up toys
- Sing songs
  - Cocomelon
  - The sharing song/nursery rhymes - Toobys

#### Be Contrary

- "No smiling. Don't do it!"
- "Don't put the blocks in the bucket!"
- "Don't you take that nap. No resting."
- "Don't wash your hands...."
- "You can't put your shoes on..."
- "I'm washing my hands... don't do it"

#### Be Naïve

- Act like you don't know how to put on shoes to go outside.
- Cleanup - "Where does this toy go? In the bathroom?"
- Pretend to put on the child's gear when going outside
- Be naïve when putting their garbage away after snack
- When brushing teeth or washing hands
- Pretend to not know how a pull up works
- Pretend to not know who's dress it is
- Pretend you don't know where the toys go

#### Be Silly

- Have a race when picking up toys
- Have them "hop like a bunny" to the table
- Make silly expressions on your face
- Fly them to the table with like an airplane
- Let's wash the germs away with the magic soap
- Dance while you put toys away
- Pretend to be a dinosaur - take big bites
- Try to put their dress on - "I'm going to wear this dress"

### Use Toddler-Specific Strategies that work!

#### Prompt

- Verbal, visual, then physical guiding
  - First-then: "First Johnny, then you"
  - First dress, then juice
  - First shoes, then outside
  - First change diaper, then play
  - First eat, then book
  - Show a picture (wash hands, nap time, clean up, diaper, circle time)
- Repeat repeat repeat!
  - Sing it
  - Use a silly voice
  - Keep it simple - "Bottom on chair" "Down" "Give"
  - Show them what you are saying - "Sippy cup in kitchen"
  - Use silly voices
  - Put toy in bin
  - Labelling the feelings
- "Bring your cup"
- "Wait"
- "Hands down"



#### Redirect

- Focus on something that is more exciting and interesting
- Get excited about something they could do instead
  - For climbing: Dancing, "Tackle the pillows!", "Hop like a bunny!"

#### Substitute

- Give room to run or outside play time
- Throw a ball rather than toys
- Trampoline to jump on
- Interest in wall socket sub shape sorter
- Dump the bowl of cotton balls

#### Distract

- "Hey, come look at this!"
- "Put toys inside the hat!"
- "Come look at this truck!"
- "Let's see how this hat looks on you!"
- I say "Come look at what's in my hand, then close both my hands together when they come, I open it and say it's the tickle monster"
- Interact with them, sit down and play together - taking turns
- Have a bell I ring and say FREEZE! They drop the toy and giggle and pose for pictures

