Positive Behavior Intervention Supports

Working with Challenging Behaviors from 1-8 Years

When behavior continues, use effective discipline techniques:

*Provide a verbal prompt
*Broken record technique
*Offer assistance
*Present a choice
*Find the "Yes" within the "No"
*Ignore small misbehavior
*Provide a countdown
*Offer "Time in"
*Prompt to take "Time off"
*Provide a logical consequence

Teach Skills

*How to calm *How to express strong feelings *How to take a break when needed *How to refuse or say "no" *How to wait *How to ask for help

Foster Social-Emotional Skills

*Build emotional literacy skills *Act out positive social interactions with puppets *Identify and label emotions *Problem-solve with child *Teach perspective taking *Promote, model, and practice friendship skills like the language the facilitates sharing, helping, taking turns, apologizing, empathy *Read books that teach emotions and expectations

Provide a Highly Supportive Environment

*Empathize with child's feelings *Stay calm *Be consistent and clear with rules *Teach child the rules *Tell child what you want them to do *Reinforce when child does something you want them to do *Modify the environment to provide a good fit *Plan ahead so you don't have to rush *Prepare for transitions with verbal alert or timer *Sing songs to indicate what will happen next *Provide a regular routine *Make sure child gets enough down time, activity and sleep each day *Provide two reasonable choices *Make sure your expectations match what the child is capable of *Give clear and simple directions with only one step at a time *Use "first-then" and "when-then" statements *Be excited and specific about what you want the child to do

Strengthen your Relationship with your Child

*Give child positive attention *Celebrate what they do well *Have special one-on-one play time *Get down at child's level *Incorporate the child's interests into the day *Build in connection time *Be silly together *Provide hugs and pats on the back *Listen to the child's stories *Reflect back what you hear the child saying *"Feed the Meter" with kind attention in regular intervals *Invite the child to help you *Build in cuddle time

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PBIS: Working with Challenging Behaviors from 0-8 Years Worksheet

What have you observed about this challenging behavior?

Why **are they doing this behavior?**

How can you *prevent* this behavior from occurring?

What can you do *when the behavior occurs*?

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