

# 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

### Toddlers-Specific Tools:

- \*Redirect
- \*Distract
- \*Offer a substitute
- \*Positive countdown
- \*Remove item
- \*Gentle hand-over-hand assistance

### 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 that 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



# 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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