

Three Powerful Positive Guidance Techniques to Work with Challenging Behaviors

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 trucks?"
- "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"

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?"



Prompt to take "Time off"

- Have the toy take a "time off"
- When they are not getting along with a friend
- Child is tired and so busy, just wants to go sit on the couch and read a book by themself
- When they have hard time regulating themselves
- Overwhelmed
- Overstimulated
- Stressed
- In line to go outside

Provide Logical Consequence

- Two children fighting over a toy: "I see you both want the toy. Can take turns with toy? Or should we put the toy up for a little while to have a little break?"
- Wrestling: "You can choose to keep your hands to yourselves or you can each go in a different space."
- Running out of room: "If they can't stay in the room, you will need to sit with the teacher."
- Doesn't clean up: "Oh no, it looks like we will not have as much time for the next activity (book time, outdoor time, etc.)"
- Won't get in car seat: "If you can't get in car seat, we can't go..."



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