Working with Challenging Behaviors

WORKSHEET

1) Choose one challenge to focus on today.
Consider and document when it occurs, how often, and other details that help you gain insight into the issue.

2) Why might the child be doing this behavior?

3) How can you prevent this challenging behavior from occurring?

4) What can you do when the challenging behavior occurs?

5) What new skills could you teach?

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Positive Behavior Intervention Supports

Working with Challenging Behaviors

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 *Identify and label emotions *Model social language *Problem-solve with child *Teach perspective taking *Promote, model, and practice friendship skills like sharing, helping, taking turns, apologizing, empathy

Provide a Highly Supportive Environment that Prevents Challenges

*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 child *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

Strengthen your Relationship with your Child

*Give child positive attention *Give encouragement * Have special one-on-one play time *Get down at child’s level *Listen to child’s stories *Be silly together *Provide hugs and pats on the back *Invite child to help you with a chore *Tell child what you like about them *Ask for the child’s opinion and insight

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"
*Invite to take "Time off"
*Provide a logical consequence

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