

Positive Behavior Management Tips & Helpers

Objective

Briefly discuss behavior management tips & helpers



What will we cover

- Tips For Limit Setting & Consequences
- Effective Commands
- Priming
- Count Downs



Tips For Limit Setting & Consequences

- Make sure Limits, Rules, and Consequences are explained beforehand
- Allow Natural Consequences to do the teaching when safe to do so
- If you must impose a consequence, choose one related to the problem behavior
 - (Running down the hallway -Go back and walk)
- Use the least amount necessary
 - (Consistency, *not severity*, is the key to reducing the behavior!)



Tips For Limit Setting & Consequences (cont.)



- Get consequences over as soon as possible
 - (Get on to positive behaviors)
- Deliver consequences immediately
 - (Time decreases the effectiveness of a consequence)
- Keep redirections/corrections short and sweet
 - (Long explanations muddy up the behavior-consequence connection)
- Make sure to teach replacement behaviors (Teach behaviors you want to see)

Effective Commands

An Effective Command is a way of giving the learner an instruction that increases the likelihood of compliance, and decreases the likelihood of a 'power struggle'.

5 Steps of Effective Commands:

- Step 1 - Stop what you're doing and go to the learner
- Step 2 - State the demand (*Not a question, but a statement*)
- Step 3 - Ignore Diversionary Tactics (*DTs - anything the learner says or does that takes the focus off the demand, i.e. arguing, asking "why"*)
- Step 4 - Repeat the demand if necessary, and follow through Step 5 - Praise any movement towards compliance
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