

Behavior Supports

Establish Routines:

- Establishing and maintaining routines is a simple way to preserve as much normalcy as possible.
 - Determine wake up times, mealtimes, and bedtime routines. Keep them as consistent as possible
- Creating schedules can support this endeavor. They can be written, picture based, and/or a combination.

Social Praise:

- Social praise is free and always available to help maintain appropriate behaviors.
- Determine the behavior you want to see exhibited from your child, limited it to one or two, such as listening, staying calm, or sitting.
- Provide specific praise such as “You are so calm”, “I like how you are sitting” and tell them frequently when they are engaging in the desired behavior.

Tangible Reinforcement:

- Tangible reinforcement is a physical reward given following a behavior that increases the likelihood of that behavior being repeated.
- Identify potential reinforcers. These are items your child enjoys. These items should be only given to the student when they engage in the desired behavior.
- Determine the behavior you want to see exhibited from your child. Limit it to one or two, such as listening, staying calm, or sitting.
- After your child engages in the desired behavior deliver the tangible reinforcer with the social praise.

Responding to challenging behavior:

- If undesired behaviors occur remain neutral, limit language and use a calm tone if you need to talk. Remove any tangible reinforcement they might have.
- When desired behavior(s) return, resume social praise and delivery of tangible reinforcement.