

Positive Parenting Strategies for Challenging Behaviors in the Home and Community

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Reaching Milestones. Realizing Potential.



A few acronyms you
may hear & see in
this presentation



ABA: Applied Behavior
Analysis

BCBA: Board Certified
Behavior Analyst

LBA: Licensed Behavior
Analyst

Let's talk behavior!

What is behavior?

Who engages in behavior?

When does behavior happen?

Why do behaviors occur?

So why do kids do stuff they
are not supposed to do?

Challenging Behavior: Avoiding Bad Things

Anthony hates baths. Parent says, "Time to take a bath."

Anthony throws himself on the floor and begins to scream.

Anthony gets to avoid the bath for five more minutes.

Challenging Behavior: Getting Good Stuff

Shelby is playing with her favorite toy. Parent says, "okay, time to put away the toy."

Shelby starts crying.

Parent allows Shelby to have the toy a little longer.



With challenging behaviors, what should we consider?

The child's
age

The child's
environment



Behavior is
Communication!

Parent Behavior

The way you interact with your child or children helps you get good stuff or avoid bad stuff.

Challenging Behavior: Avoiding Bad Things

Anthony hates baths. Parent says, "Time to take a bath."

Anthony throws himself on the floor and begins to scream.

Parent gets to avoid Anthony screaming and gets some extra time by delaying bath for five minutes.

Challenging Behavior: Getting Good Stuff

Shelby is playing with her favorite toy. Parent says, "okay, time to put away the toy."

Shelby starts crying.

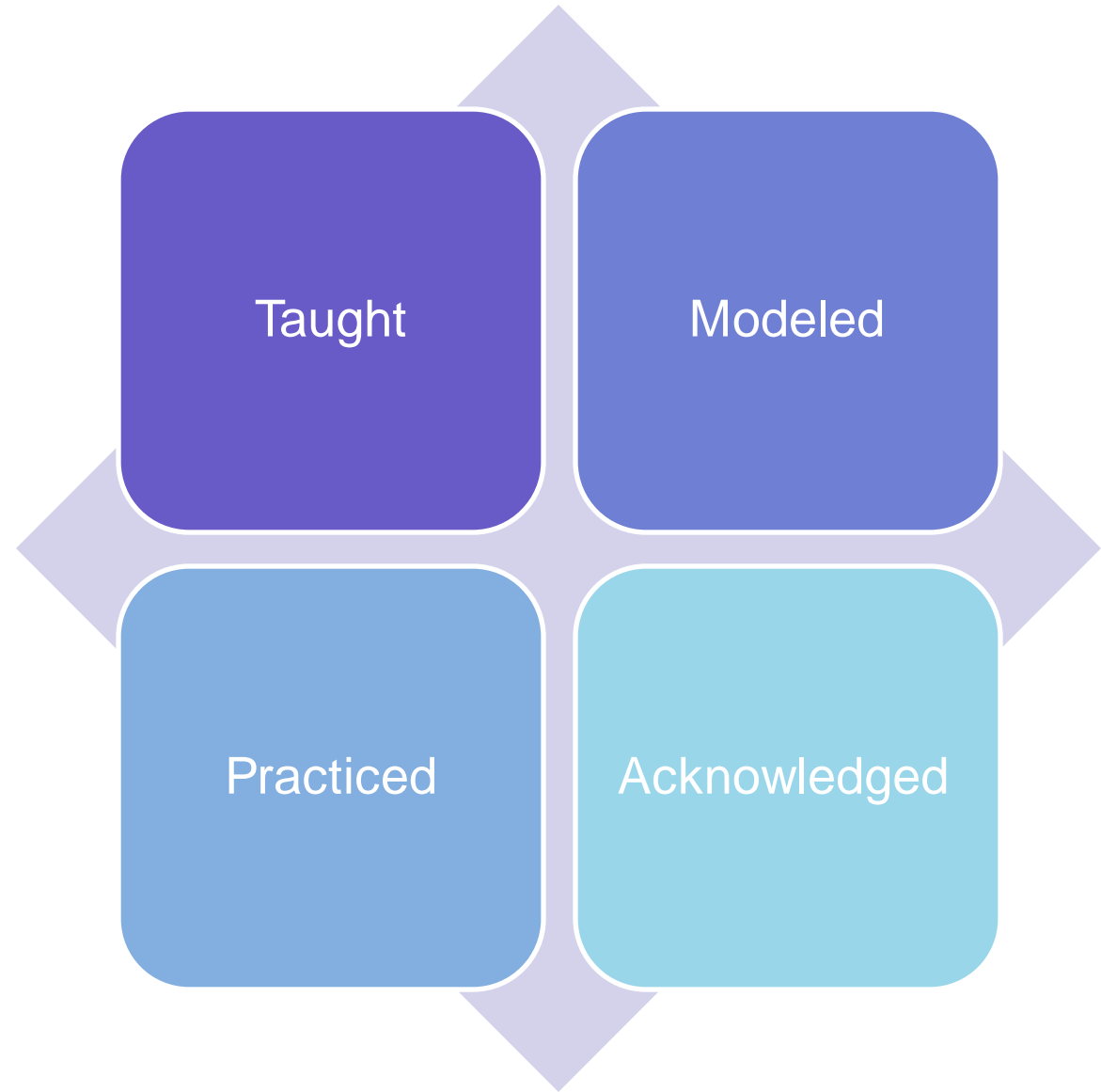
Parent avoids seeing Shelby upset by allowing her to have the toy a bit longer.

What if the appropriate behavior got your children what they want, and was *easier* than the challenging behavior?



Let's help them have appropriate behavior!

Appropriate Behavior Should Be....



So how do
you do that?



Teach Expectations

Different families may have different expectations for children's behavior.

Whatever you as a parent decide is right and okay for your home, it is important that you set the expectations and follow through!

Remember that every child is different, even children in the same family living in the same home.

What works for some children will not work for all children!

**Model & Practice
the appropriate behavior!**

Acknowledge Appropriate Behavior

Use positive reinforcement to teach your child what behaviors are expected, accepted, or desired.

Find out what motivates your child. Observe them! Ask them!



Additional Tips for Success!

- teach, model, practice, acknowledge
- provide structure
- use visuals supports
- strive for consistency

Thank you!

For more information, please contact:

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