

Sarah Reed's Psych Snippets

Preventative Behavior Management Strategies

- J Remember Labeled Praise (PRIDE Skills) and Effective Commands from previous episodes
- J Catch your kiddos engaged in good behavior
 - o And when you do, use labeled praise.
- J Let your kiddos be your helper
- J Develop some simple house rules
 - o Involve your kiddos in their development
 - o No more than 5 rules, worded in a positive manner
 - o Review with your kiddos consistently
- J Manage the environment
 - o Consistent routines
 - **Pro-tip:** Reviewing the house rules can be part of your daily routine
 - o Have specific areas set aside for play (“Play stations”)
 - o Monitor your kiddos (so that you can catch them using good behavior)—redirect any inappropriate behavior and look for new good behaviors to catch
- J Avoid lectures, long talks, and long explanations; Talk with your kiddos, not at them
- J Model the behavior you want to see—kiddos look to you for how to act and speak
- J Recharge your own adult battery consistently
 - o **Pro-tip:** Schedule your recharge time before your battery is running low.