
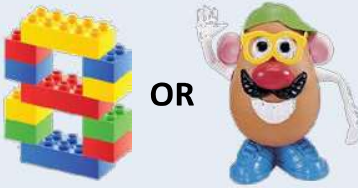



Strategies to Manage Behaviors



PC-CARE

SESSION 3

Skill	Reason	Example
 <p>Rules</p>	<ul style="list-style-type: none"> Establishes expectations of behavior desired. Establishes rewards or consequences if rule is followed or not followed. 	<ul style="list-style-type: none"> “There are two rules to going to the store; one is to stay by my side and the other is to keep your hands to yourself. If you break the rule then we will leave the store, or, if you follow the rules you will earn a treat.”
 <p>Choices</p>	<ul style="list-style-type: none"> Allows child to feel like they have some control. Allows child to feel important Teaches child to make appropriate choices. 	<ul style="list-style-type: none"> “You have two choices, you can play with the Legos or with Mr. Potato-Head.” “You have a choice. You can play with the toys on the table or can sit back and relax.”
 <p>When-then or If-then Statements</p>	<ul style="list-style-type: none"> Provides prompt to child on what the expected behavior is and what will happen upon compliance. 	<ul style="list-style-type: none"> “When Nancy puts the toy in the box, then I will give her a sticker.” “When Anthony uses his polite voice, then I can speak with him.”

Daily CARE!



Child's Name: _____

Therapist – Session #: _____

Parent Name: _____

Date Returned: _____

DATE	During 5 Minutes		Throughout the day		
	5-minute Special Play Time!	What toys did you play with?	Circle PRIDE skills used today	List strategies to manage behavior used today	Overall, how was your child today? (circle one)
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹
_____	YES NO		Praise Reflect Imitate Describe Enjoy		☺ ☹

SPECIFIC SKILLS TO PRACTICE DAILY

Use your Relationship Enhancement Skills (PRIDE)

P Praise!

R Reflect!

I Imitate and model!

D Describe!

E Enjoy out loud!

Use "physical positives" such as smiles, eye contact, hugs, kiss, sitting closely

Reduce questions and commands

Avoid "NO", "DON'T", "STOP", "QUIT", & "NOT"

Use your Strategies to Manage Behaviors

Transitions between activities.

Compliance-friendly environment: Help child to succeed.

Ignore unwanted behaviors that are mild.

Redirect & Model appropriate behavior.

Keep Calm!

When-then, if-then, & choices to encourage compliance.

Set up Rules.

Effective commands: Praise compliance, remove privilege for non-compliance.

Redo and hand-over-hand to practice positive behaviors.

Recovery by using PRIDE skills after compliance.

Increase the behaviors you want to see by using key words:

Unwanted behaviors:	Dawdling, stalling, delaying	Misbehaving at meal times	Disobeying, acting defiant	Acting angry or aggressive
Words to encourage appropriate behaviors:	Quickly Complying (first time) Focusing Right away	Quietly Waiting Hands to self Sitting in seat Using manners Polite words	Good attitude Calmly Following directions Cooperative Complying	Using calming skills Softly Gently Carefully Calmly Thinking things over
Screaming, yelling	Destroying or being rough with things	Provoking others, picking fights	Interrupting, seeking attention	Trouble paying attention, overactive
Using nice words Big boy/girl voice Indoor voice Using calming skills Speaking softly Talking calmly	Safely Calmly Gently Softly Carefully Hands to self	Hands to self Polite words Saying nice things Cooperative Sharing	Letting others talk Listening Waiting Patiently Taking turns	Listening Focusing Concentrating Waiting Patiently