



Strategies to Manage Behaviors

PC-CARE SESSION 5

Skill	Reason	Example
 <p>Re-Doing</p>	<ul style="list-style-type: none"> Allows child to complete a task the correct and safe way or with a good attitude. 	<ul style="list-style-type: none"> Child puts away toy roughly. Parent takes the toy out of box and places in front of child. Parent may model putting another toy away gently. Child complies and receives a specific praise. Child runs into playroom and takes out all the toys. Parent intercedes and puts the toys away. Parent uses when/then statement- “When Anthony walks into the playroom, then our special playtime will begin.”
 <p>Recovery</p>	<ul style="list-style-type: none"> Allows both parent and child to return to a healthy, calm, positive state after the child has had to comply with a demand or expectation. - Distinguishes between the child as a person and their behavior. Reduces resentment, arousal, and anger from having to comply with a hard command by using the PRIDE skills to focus child’s attention on their positive behaviors, and refocus parent’s attention on what they like about the child. Be sensitive to the child’s needs. Some children need parents to sit quietly next to them after having to suffer a consequence for negative behavior, rub their backs calmly, or otherwise help them calm down before re-engaging in play. 	<ul style="list-style-type: none"> After the child has completed a difficult command or has had a time out/consequence for behavior, return to using the PRIDE skills. “I have a really good time playing blocks with you when you listen.” – specific praise “We are building a really tall tower together!” – description w/ enthusiasm! Hug child, breathe deeply. “It’s ok to be sad. I’m right here with you.” Be quiet. When child starts to talk or play, use PRIDE skills.

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