

POSITIVE BEHAVIOR STRATEGIES

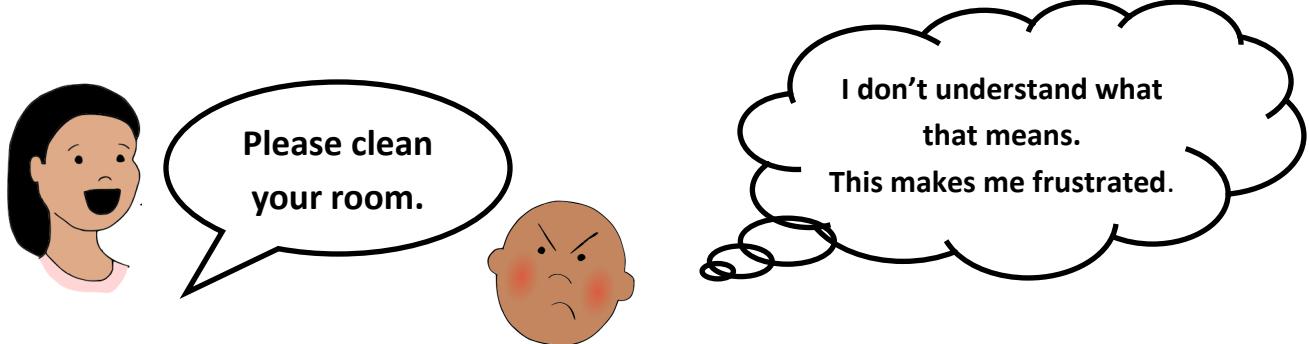
- **Give clear expectations and directions.**

Show your child exactly what you expect.

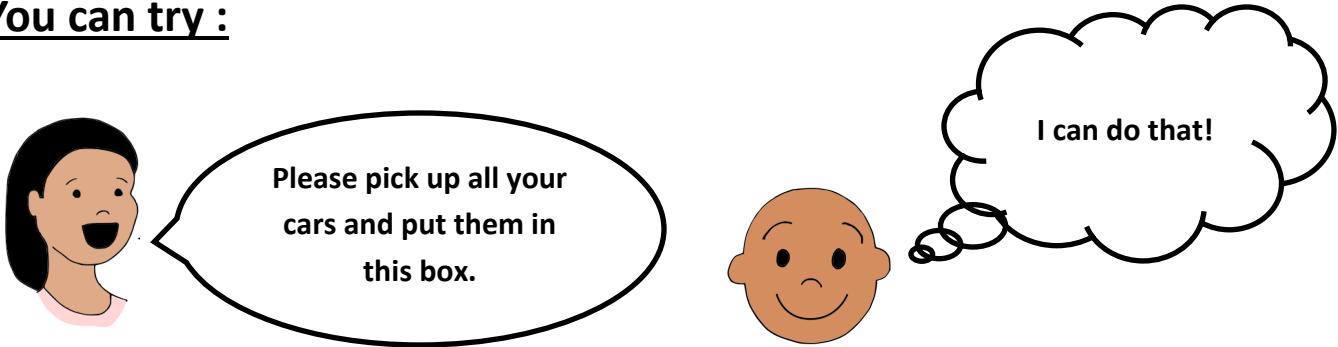
Break instructions into small, specific parts.

You can demonstrate this yourself, use a social story or pictures, or videos.

Instead of:



You can try :



- **Give choices but within limits. This creates a sense of control.**

Don't ask yes or no questions.

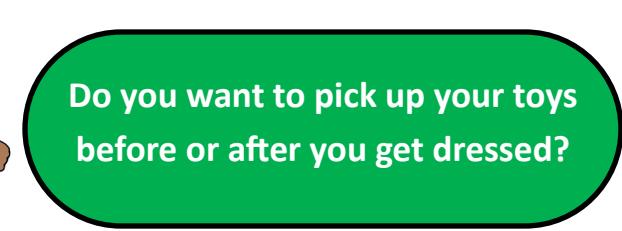
Give **2** or **3** choices that still support the behavior.

Keep choices simple—too many can be overwhelming.

Instead of:



You Can Try:



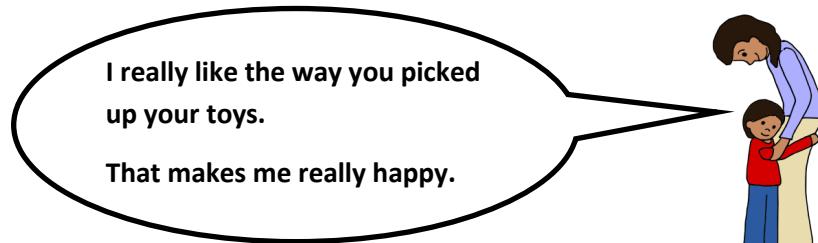
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- **Use behavior specific praise:**

Give attention to the exact positive behavior you want to increase.

Give attention to behaviors you LIKE and want to see MORE of.

Praise works the best when children hear it 4x more than a correction.

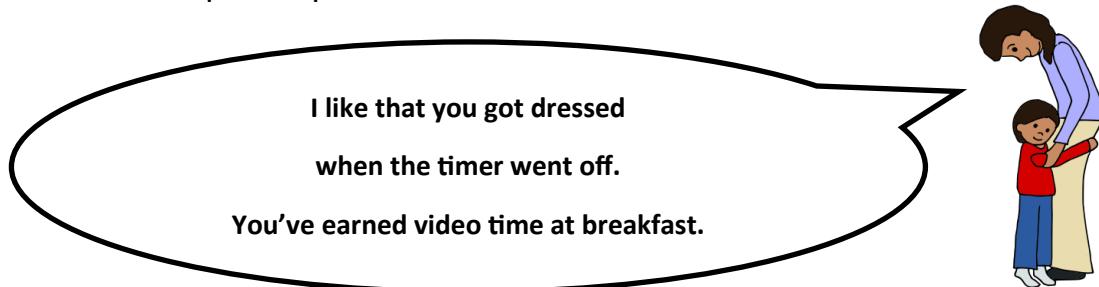


- **Set up positive reinforcement systems:**

Use simple, predictable rewards that your child enjoys for desired behavior.

Catch them doing the desired behavior and reward that.

Link behavior specific praise to the reward.



Positive reinforcements are NOT Bribes

Positive reinforcement	Bribe
• Earned as an incentive for a job well done	• Given in response to a challenging behavior
• Creates lasting positive change of behavior	• Changes behavior in the moment but not over time
• Planned ahead of time and delivered with praise	• Reactive and delivered in frustration
• Adult is in control and decides when (and if) reward has been earned.	• Child is in control—negotiation is made in exchange for compliance.