

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:



Please clean
your room.

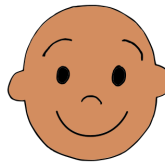


I don't understand what
that means.
This makes me frustrated.

You can try :



Please pick up all your
cars and put them in
this box.



I can do that!

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

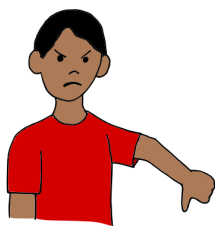
Don't ask yes or no questions.

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

Keep choices simple—too many can be overwhelming.

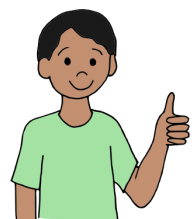
Instead of:

Can you pick
up your toys?



You Can Try:

Do you want to pick up your toys
before or after you get dressed?



POSITIVE BEHAVIOR STRATEGIES

- **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.

I really like the way you picked
up your toys.

That makes me really happy.



- **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.

I like that you got dressed
when the timer went off.

You've earned video time at breakfast.



Positive reinforcements are NOT Bribes

Positive reinforcement	Bribe
<ul style="list-style-type: none">• Earned as an incentive for a job well done	<ul style="list-style-type: none">• Given in response to a challenging behavior
<ul style="list-style-type: none">• Creates lasting positive change of behavior	<ul style="list-style-type: none">• Changes behavior in the moment but not over time
<ul style="list-style-type: none">• Planned ahead of time and delivered with praise	<ul style="list-style-type: none">• Reactive and delivered in frustration
<ul style="list-style-type: none">• Adult is in control and decides when (and if) reward has been earned.	<ul style="list-style-type: none">• Child is in control—negotiation is made in exchange for compliance.