

# TOP 10 BEHAVIORAL STRATEGIES



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## FIND THE MOTIVATION

Know what's reinforcing for your student & use it! Use preference assessments to learn what's motivating.



## CONTROL THE MOTIVATION

Stay in control of your reinforcers. Make sure that access to reinforcers is contingent upon what you're asking for.



## USE VISUALS

Convey expectations using visuals - schedules, first/then boards, token boards, timers, and choice boards.



## PREDICT, PREPARE, PREVENT

Predict your students' triggers and prepare in advance by prompting the appropriate response.



## BE CONSISTENT

Present reasonable demands. Make sure you can follow through. Focus on what you want the child TO DO rather than what not to do.



## REWARD THE GOOD

Praise often and for everything - waiting, attending, participating, complying. Be specific when you praise.



## HELP GET NEEDS MET

Prompt students to use appropriate communication to ask for objects, request breaks, or ask for more time.



## BABY STEPS

Overcoming challenging behavior takes time. Set small goals to ensure success and increase tolerance systematically.



## GIVE CHOICES

Choices give students control and increases their motivation to participate. Let them choose the order of activities, materials to use, or where to sit.



## DON'T REWARD THE BAD

Sometimes we accidentally "reward" a student because we aren't aware of the reason for a behavior. Acting out for attention? Reduce attention. Acting out for an item? Don't give the item.

# MANAGING TRANSITIONS



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## A STEP-BY-STEP GUIDE TO SUPPORTING YOUR CHILD



### GIVE TRANSITION WARNINGS

USE VERBAL, VISUAL, AND AUDITORY CUES TO SIGNAL A TRANSITION IS COMING.

We all do better when we know what's coming up. Giving verbal warnings paired with other cues, such as a timer, or a visual schedule, can assist with preparing students for the inevitable transition. Using first/then language (with or without visuals) can help highlight the good things that will come after the transition.

### GIVE TRANSITION HELPERS

CAN WE MAKE TRANSITIONS MORE REINFORCING?

Using transition helpers such as motor movements (jumping), singing songs, counting steps, or holding a preferred item through the transition may provide the needed reinforcement to get through a transition smoothly. Think about your students' interests and use as a helper BEFORE problems arise!



### FOLLOW THROUGH

DON'T LET PROBLEM BEHAVIORS DELAY TRANSITIONS.

If a challenging behavior occurs during a transition, don't let the behavior delay or change the expectation. If a behavior becomes away to avoid transitions, it will persist! Prompt students to use communication to share that they're not ready, so you can honor communication instead of a behavior to delay a transition.