



Helping Children & Families Grow Together
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Top 15 Behavior Strategies for Parents, Teachers and Interventionist

PREVENTION

1. Provide Unconditional Positive Regard
 - a. Tell and show your child that you love and accept them no matter what they say or do.
2. Be Consistent
 - a. With rules and expectations
3. Provide Choices
 - a. Limit to 2 or 3 possible choices. This allows children control in their life and builds decision-making skills.
4. Allow your Child to Make Mistakes
 - a. Mistakes are a natural learning and problem solving opportunity.
5. Reinforce Direction not Perfection
 - a. It takes many small steps to reach a larger goal.
6. Catch Your Child Being Good
 - a. Reinforce appropriate behaviors and let children know what they are doing well.
7. Set Clear Expectations
 - a. Children may need to learn behavior expectations through explicit directions, modeling, role-play, practice etc.
8. Have a Consistent Home Routine
 - a. This provides structure for children, which allows them to feel safe and secure and allows for increased independence.





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9. Prepare your Child for Changes in Routine
 - a. Allows children to predict what will happen next.

10. Give your Child Responsibilities
 - a. Builds self-esteem and allows children to be productive members of the family

11. Spend time with you child doing an activity of their choice.

INTERVENTION

12. Ignore inappropriate behavior when possible.

13. Redirect your child to an appropriate behavior/activity.

14. Remain calm and do not argue with your child
 - a. Adults must be in control of their behavior before they will be effective addressing a child's behavior.

15. Do not give in to a child's demands during a tantrum.
 - a. Or- your child will learn that having a tantrum is a good way to get what they want and they will continue to tantrum longer and longer.

