

Managing Unwanted Behaviors

I want my child to **REDUCE** (or change)... _____

Why do you think your child is doing the behavior above?

To get attention

Because it is Fun, Feels Good, or is Calming

Does not know better

Other: _____

To get something (e.g., toy, activity, food)

To avoid something they do not want to do

What can you do to help your child reduce the unwanted behavior?

Ignoring (Best if behavior you are wanting to stop is occurring to get attention)

Time-out

Job Card

Taking something away

Natural/Logical Consequence: _____

Overcorrection (e.g., closing the door softly 5 times after slamming the door)

Other:

What would you like to see your child do **INSTEAD**? _____

How are you going to teach your child to do this instead?

Show the child what you want them to do

Practice it at a non-stressful time

Provide rewards for the behavior you want

Give them what they want only when they do this

Give frequent reminders

Break new behavior into steps

Other:

Other:

Why isn't this working?

- May have misunderstood why behavior was occurring
- Child is still getting what they wanted when they do the behavior you want to stop
- Not rewarding new behavior enough, or child does not find our rewards motivating
- Not consistently using the stop strategies selected , or child does not mind your stop strategies
- Teach strategies may not be working for your child (So, try out a new one!)
- The behavior you want might be too difficult for your child. Choose a new one that is easier or break the behavior you want down into steps (e.g., instead of expecting your child to wait until your done with a conversation, first teach them to say excuse me and talk with them as soon as they say excuse me, then have them count to 5, then 10, then 20...)