

Tips to helping behaviors at home

Tip	Example
Constantly praise your child's good behavior. Even if they have just done something bad!	If you ask your child to stop running away, as soon as they stop, praise them for not running "I like the way you are not running, that is very responsible"
Establish clear routines	Have a routine for each time of day, wake up, meals, dropping off at school, going to bed. Do the same thing each day. Try making a picture chart for each time of day as well
Always use predictable, simple, and time sensitive consequences.	Young children do not remember their actions from earlier in the day in way that will lead to consequences being meaningful. Make sure you give the consequence to an action right away.
Make sure you follow through on EVERYTHING	If you threaten a consequence the next time your child does an action, make sure you are ready to implement it. Always implement it. Do not negotiate with your child about consequences.
Pick your battles.	What is the worst behavior? That is what you focus on first. Once you fix that behavior, move on to the next behavior.
Provide consistent chores and responsibilities.	Make sure your child has a simple chore each day, such as picking up toys in the evening. Give plenty reminders.
Stay Patient and Consistent.	Try, not to yell, unless it is an emergency. Stay cool and even. Always uphold your rules once put into place.
Implement a behavior system!	Use an easy to use behavioral system such as 1-2-3 Magic (available on Amazon)
Spend time with your child!	Spend 15-30 minutes with your child each evening, without electronics. Ask them what they want to do, and play with them!
If you feel overwhelmed ask for help!	We have a list of agencies that may be able to help!