

## STRATEGIES TO PROMOTE APPROPRIATE BEHAVIOR

- COMMUNICATE: Be clear and concise when communicating with your child. Give instructions one step at a time. Have him/her repeat back to you what is expected of them. Express expectations in a visual format, such as a chore chart or checklist.
- BE CONSISTENT: What you expect one day should be what you expect every day. Don't give in just because you're tired or your child is not complying with you.
- SET A GOOD EXAMPLE: Show your child the behaviors you'd like to see. Be a model of patience, healthy habits, and good manners. Be at least as organized as you want your child to be.
- ANTICIPATE AND AVOID PROBLEMS: Know your child's "triggers" and what situations lead to frustration, sadness, and /or anxiety. Become adept at heading off trouble before it starts.
- PRAISE GOOD BEHAVIOR: Praise is a powerful reinforcer, so make every effort to "catch" your child being good.
- NEGOTIATE AND CONSULT WITH YOUR CHILD: You're a parent, not a drill sergeant, so try to avoid barking orders at your child. Start a dialogue and be open to what your child has to say.
- PICK YOUR BATTLES: Not every situation requires intervention. Keep the big picture in mind and let the little things slide. If you don't, your home will be one of constant conflict and criticism.