

Week 1
Behavior Management in a Mindful Way
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Defining Behavioral Strategies and Supports

What is Behavior Management

Behavior Management involves the application of behavioral principles to bring about behavioral changes. Behavior management speaks about increasing appropriate behaviors and decreasing inappropriate behaviors. When we change behavior (ours included) we can also change our mindset!

Behavioral Strategies

1. Time Away - Child moves for a specific period of time from the environment that is creating the conflict.
2. Reinforce Alternative Behaviors- Provide reinforcement/praise to alternatives to the unwanted behavior.
3. Ignoring- Ignore inappropriate behavior and give attention to positive alternative behaviors.
4. Token Economy- Provide appropriate or targeted behavior with tangible reinforcement.
5. Behavioral Contracting- Set up mutually agreed upon rules that are written and all parties sign and agrees to so that everyone understands what is involved.

Things to Know

- *Be consistent- Keep the responses to the behavior you want to change consistent across people, setting, over times and in manner.
- *Act immediately- Provide concrete feedback as close to the behavior as possible
- *Be concrete/specific about behavior
- *Praise appropriate behavior often
- *Develop consistent responses to behavior
- *Plan for problem behaviors and attempt to intercede before the behavior occurs/escalates
- * Pick your battles- Focus on those behaviors that are really important. Try to change only a select few behaviors at one time.
- * Set realistic expectations
- *Keep your cool/remain calm