

# Behavioral Supports for a Happy Home



Kristen Belloni, Ph.D., LSSP

Ashley Owens, Ed.S, LSSP

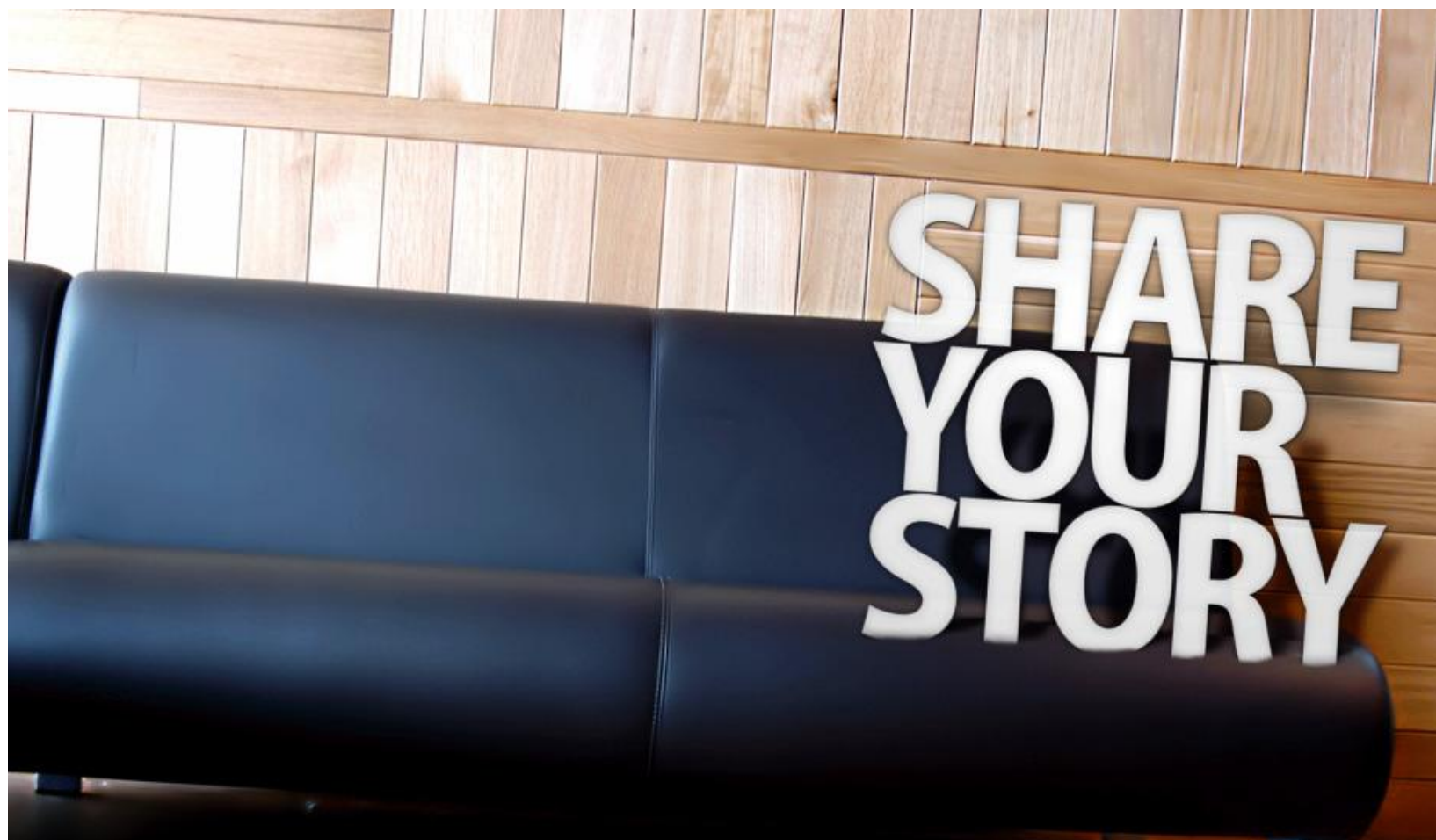
Amanda Smith, TWU Doctoral Student

# Meltdowns and Temper Tantrums

- [VIDEO](#)

Does this look familiar?







- Prompts:
  1. verbal
  2. physical
  3. behavioral
- Setting Events

- Reinforcement
- Punishment
- Overcorrection

# Goodness of Fit

- Temperament and Environment
- “Positive behavior support does not mean changing the child; rather, it means creating a new environment that supports the positive behavior you want to achieve.”



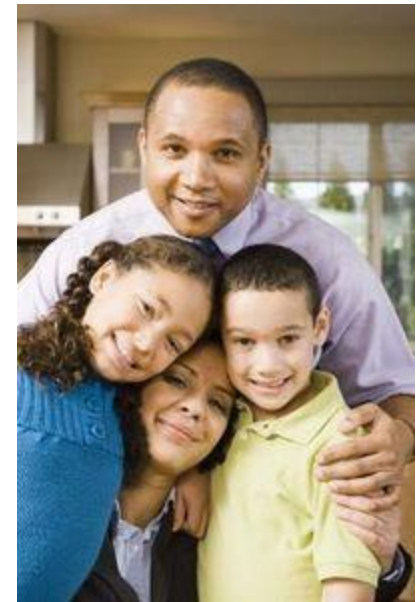
# Things to do and to avoid!

- Stay calm
- Never give in to a tantrum
- Explain on their level
- Do not reward for calming down
- Teach that anger/frustration are emotions we all feel
- Follow the “Dead Person Rule”
- Reinforce positive behavior
  - Tangible
  - Social
  - Natural



# Behavioral Strategies

- Planned ignoring
  - Step 1- what behavior are you going to ignore
  - Step 2 - what behavior are you going to reinforce
- Proximity control/Touch control
- Humor
- Nonverbal warnings/cues



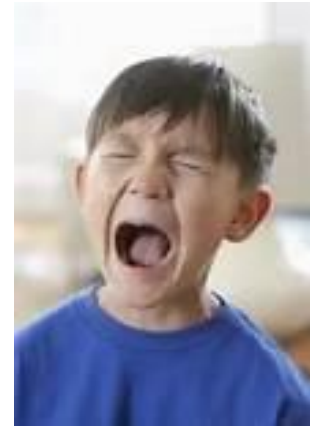
# Behavioral Strategies

- Positive phrasing
  - Instead of asking what you don't want, ask what you want them to do instead
- Behavior shaping
  - Reinforcing predetermined approximations of a behavior in order to teach the target behavior
  - Begins with a step analysis



# Behavior Strategies

- Clear routines and expectations
  - Answers the question “When?”
  - Prepares for transitions
  - Schedules times for special interests
  - Teaches sequence of events
  - Provides predictability and structure
  - Teaches flexibility
- Calm down area
- Replacement behaviors



# Practical Take Home

- Cool Down Plans
- Routine/Lists
- Reinforcement Surveys and Menus





QUESTIONS???



# References & Resources

- Reinforcing Positive Behavior at Home:  
<http://www.healthyplace.com>
- Riffel, L. & Turnbull, A. Getting Behavior in Shape at Home
- Jordan, D. (2006). Functional Behavior Assessment and Positive Interventions: What Parents Need to Know. Pacer Center: Champions for Children with Disabilities. Retrieved on 2/19/13 from <http://www.pacer.org/parent/php/php-c79.pdf>
- Parenting with Love and Logic, by Cline and Fay
- **Try and Make Me!** by Ray Levy
- **Parenting with Love and Logic** by Foster Cline and Jim Fay