EFFECTIVE BEHAVIOR MANAGEMENT FOR PARENTS

"CATCH 'EM BEIN' GOOD!"

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Practices	Strategies & Examples
Watch!	Be thereobviousregularpositivewatching
(Supervise Actively)	Arrange for positive interactions
	Don't nagcatch 'em bein' good
Catch 'em early!	Go to or review problem context before problem occurs
	Remind of desired behavior
	• Say/try it
(Precorrect)	Praise
Teach & play!	Arrange for success with prosocial peers & adults
	Check frequently
(Engage Actively)	Teach self-management skills
	Praise expected behavior
Catch 'em bein' good!	Give at least 4 positives for every negative
	State expected or desired behavior
	Respond immediately
(Acknowledge expected behavior)	Individualize
	Be positive

Four Basic Behavior Management Practices

Strategy	Examples
Talk about school at home.	 Ask your child to tell one thing that was learned today, or to name one thing you did well today.
	 Ask your child what is being discussed in a class.
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Praise successes, efforts, and progress daily.	• Tell your child that you notice how hard he or she is trying.
	 Notice improvements in work quality and accuracy.
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Be with your child.	 Read/sit with your child while homework is being done.
	 Have child do assignment in kitchen while dinner is being prepared.
	 Limit passive activities by doing things with your child.
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Talk with your child's teacher weekly	Ask the teacher what your child studying.
	 Tell the teacher about things your child is good at doing.
	 Suggest things that have been helpful for your child.
	Praise the efforts of your child's teacher
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Strategies for Getting Involved with and Supporting Your Child's School

Build a daily routine for homework	Establish a regular time and place.
	 Supervise actively, positively, regularly.
	Reward all efforts frequently.
	 Catch 'em early before an error occurs (don't "nag").
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Teach and acknowledge positive school-wide expectations, rules, and routines.	 Ask your child to tell the positive expectations and usual classroom routines.
	 Ask your child to give you positive examples of school rules and expectations.
	 Praise and acknowledge displays of positive expectations at school and home.
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TOP TEN POSITIVE BEHAVIOR TIPS

- 1. Remember 5 positives to 1 negative
- 2. Set the stage for success, reward the effort
 - 3. Give clear, specific directions
- 4. Stay calm, use a calm voice Nagging gets you nowhere!
- 5. Set reasonable limits Avoid using "always" or "never"
- 6. Be CONSISTENT! "Yes means Yes and No means No"
 - 7. Set the example Actions speak louder than words
 - 8. Proactively anticipate situations
 - 9. Have patience A little goes a long way
 - 10. Have fun and enjoy the ride!

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