

Managing Behavior at Home

1. Don't yell to be heard over a screaming child
2. Avoid making demands
3. Validate their feelings, not their actions
4. Don't try to reason
5. Be aware of your body language
6. Respect personal space
7. Get on your child's level
8. Use a distraction
9. Acknowledge your child's right for refusal
10. Reflective Listening
11. Silence
12. Be Non - Judgmental
13. Answer questions and ignore verbal aggression
14. Movement break
15. Avoid the word "No"
16. Decrease Stimulation
17. Deep breathing exercises
18. Calming visuals



HISD

Social & Emotional Learning

PERSONAL ATTENTION. UNIVERSAL SUCCESS.

Resource Links

- <https://www.pbisworld.com/>
- <https://www.pbis.org/>
- <http://pbismn.org/>
- <https://childmind.org/article/managing-problem-behavior-at-home/>
- <https://www.empoweringparents.com/resources/>
- <https://www.apbs.org/about/families>
- <http://www.thelearningcommunity.us/>
- <https://www.pacer.org/>
- <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx>
- <https://educationandbehavior.com/how-to-discipline-a-child-with-behavior-problems/>
- <https://www.pbisworld.com/>
- <https://www.pbis.org/>
- <http://pbismn.org/>
- <https://childmind.org/article/managing-problem-behavior-at-home/>
- <https://www.empoweringparents.com/resources/>
- <https://www.apbs.org/about/families>
- <http://www.thelearningcommunity.us/>
- <https://www.pacer.org/>
- <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx>
- <https://educationandbehavior.com/how-to-discipline-a-child-with-behavior-problems/>

<https://www.abaresources.com/>

- A website with several free printable schedule templates. The website also includes links for other practical products, tips for families, and an interactive message board.

<http://buildingblox.net/>

- A website with free printable images that can be used to create a visual schedule. The website also has a printable “first, then” schedule board as well as other printable resources.

<https://theautismcafe.com/>

- A website with several printable examples of visual schedules. The website also includes additional information and resources for families of children with autism.