

Behavior Change is a Family Affair: Positive Behavior Support Strategies to Support Students with Challenging Behavior

Morning Session

Welcome and Introductions

Review Agenda

ROSE

Opening Activity: Meet My Children

Positive Behavior Support: Success for ALL Children

Why is My Child Doing That?????

- Characteristics Which Influence Behavior Challenges
- I Wish My Child Didn't.....
- Behavior Change is a Family Affair: What Would YOU Do?
- The ABC's of Behavior
- Specific Behavior Challenges for Young Children with Down Syndrome

Positive Behavior Support: The Competing Pathway Process

- Setting Events
- Antecedents or Predictors
- Motivation or Function of Behavior
- Maintaining Consequences

Lunch

Afternoon Session

Summary of Positive Behavior Support and the Behavior Change Process

Strategies to Support Positive Behavior Support Planning

- Proactively Anticipate Triggers and Predictors
- Identifying and Teaching Positive "Replacement Behaviors"
- Acknowledging and Reinforcing New Behavior Patterns

When is Life Challenging: Analyzing and Teaching Routines at Home

Specific Behavior Challenges and Possible Solutions

Creating a "HOME" Plan

- The HOME Matrix
- "Stick with the Plan"

Celebrate Each Day: A Positive Approach to Life

- The "Envelope" is Full
- Taking Care of Ourselves

Questions and Comments

Meet My Child

Take a few minutes and think about your child's strengths, interests and reinforces or motivators.

Things my child really enjoys	Things my child does really well
Things that my child finds rewarding or motivating	My child's favorites... (TV, movies, books, music, sports, video games)

Behaviors That Make Life Challenging

As we go through activities today, take a minute and list specific behaviors that your children have that make your life harder than it needs to be. (ex: doesn't put clothes away, teases his sister)

I wish that my child didn't.....	Instead I wish that he/she.....

Competing Pathways

Setting Event Strategies and Activities (To avoid "setting up" behavior)	Triggers/Predictors Strategies and Activities (To avoid "setting off" behavior)	New Skills To Teach (remember "baby steps")	Positive Acknowledgements and Actions
Parent /Guardian Role:	Parent /Guardian Role:	Parent /Guardian Role:	Parent /Guardian Role:

Consequence Steps if Behavior Persists:

- 1.
- 2.
- 3.
- 4.

10 Tips for Parenting High School Students

- 1. Give kids some leeway.** Giving teens a chance to establish their own identity, giving them more independence, is essential to helping them establish their own place in the world. "But if it means he's going out with a bad crowd, that's another thing," says Elkind.
- 2. Choose your battles wisely.** "Doing themselves harm or doing something that could be permanent (like a tattoo), those things matter," says Kaslow. "Purple hair, a messy room -- those *don't* matter." Don't nitpick.
- 3. Invite their friends for dinner.** It helps to meet kids you have questions about. "You're not flat-out rejecting them, you're at least making an overture. When kids see them, see how their friends act with their parents, they can get a better sense of those friends," Elkind tells WebMD. "It's the old adage, you catch more bears with honey than vinegar. If you flatly say, you can't go out with those kids, it often can backfire -- it just increases the antagonism."
- 4. Decide rules and discipline in advance.** "If it's a two-parent family, it's important for parents to have their own discussion, so they can come to some kind of agreement, so parents are on the same page," says Bobrow. Whether you ban them from driving for a week or a month, whether you ground them for a week, cut back on their allowance or Internet use -- whatever -- set it in advance. If the kid says it isn't fair, then you have to agree on what *is* fair punishment. Then, follow through with the consequences.
- 5. Discuss 'checking in.'** "Give teens age-appropriate autonomy, especially if they behave appropriately," says Kaslow. "But you need to know where they are. That's part of responsible parenting. If it feels necessary, require them to call you during the evening, to check in. But that depends on the teen, how responsible they have been."
- 6. Talk to teens about risks.** Whether it's drugs, driving, or premarital sex, your kids need to know the worst that could happen.
- 7. Give teens a game plan.** Tell them: "If the only option is getting into a car with a drunk driver, call me -- I don't care if it's 3 in the morning," says Bodrow. Or make sure they have cab fare. "Help them figure out how to handle a potentially unsafe situation, yet save face," she suggests. "Brainstorm with them. Come up with a solution that feels comfortable for that child."
- 8. Keep the door open.** Don't interrogate, but act interested. Share a few tidbits about your own day; ask about theirs. How was the concert? How was the date? How was your day? Another good line: "You may not feel like talking about what happened right now. I know what that's like. But if you feel like talking about it later, you come to me," Elkind suggests.
- 9. Let kids feel guilty.** "I think too much is made about self-esteem," says Elkind. "Feeling good about yourself *is* healthy. But people *should* feel bad if they have hurt someone or done something wrong. Kids need to feel bad sometimes. Guilt is a healthy emotion. When kids have done something wrong, we hope they feel bad, we *hope* they feel guilty."
- 10. Be a role model.** Your actions -- even more than your words -- are critical in helping teens adopt good moral and ethical standards, says Elkind. If they have a good role model from early on, they will be less likely to make bad decisions in their rebellious teen years.

Tips for Engaging Families in the Behavior Planning Process

1. Family members can become most effectively involved when they function as partners in the education process. When families consider themselves partners they will contribute more significantly to the behavior planning process.
2. Make sure all members feel and are treated as equals. If some people come to the team not feeling valued, they won't be open to sharing solutions and ideas.
3. Share information reciprocally as opposed to giving information to the parents. A two-way communication where parents contribute their ideas, concerns and possible solutions increases the effectiveness of the behavior planning process.
4. Approach behavioral planning from a "needs based" model. Focus on the skills the student needs in order to successfully participate in school. Avoid describing behavior in a negative or judgmental manner.
5. Respect cultural differences. Simplistic over generalities can offend and increase the divide between family and school.
6. Encourage risk taking and creativity. When mistakes are made, treat them as a source of learning.
7. Provide parent education programs to support positive behavior that are designed to increase parents' understanding and influence on their children's education.
8. Help parents understand that behavior is a function of need.
9. Help parents understand that the goal is not eliminating a behavior but to develop new strategies for coping thus developing a new replacement behavior.
10. Support parents to help children meet their needs in a positive way.
11. Provide parents with support to implement behavior change at home. Draw up student-parent-teacher contracts and support parents with tools and skills to monitor behavior progress.