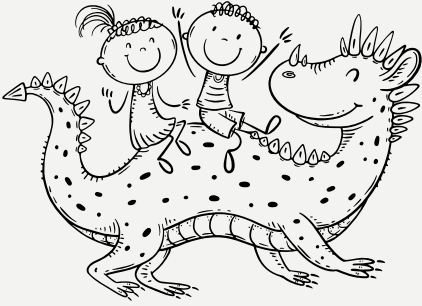


Need more support
with challenging
behaviours?
Contact us!

Behaviour 101

proactive strategies



WHAT ARE PROACTIVE STRATEGIES?

Proactive strategies are introduced BEFORE a challenging behaviour occurs. These strategies are used to prevent and help reduce a behaviour from happening.

FIRST/THEN

The child is to engage in a less preferred activity, then be rewarded with the desired or preferred activity.

PRIMING

Priming sets the stage for a desired response, or to reduce the possibility of a challenging behaviour.

SPECIFIC POSITIVE PRAISE

Acknowledging desired behaviours to reinforce and encouraging them to happen again.

Using a 5:1 ratio
5= Positive praise
1= Corrective feedback

CONSISTENCY WITH EXPECTATIONS

Boundaries and expectations should be clear. Once a demand or denying of a request is placed, maintain and follow through.

CHILD'S CHOICE

Allow your child to choose the activity they want to engage in. Their motivation is increased while the problematic behaviour decreases.

TOKEN SYSTEMS

The child earns tokens when engaging in the desired behaviour. Tokens can be exchanged for a reward at a later time.

BEHAVIOUR CONTRACTS

This is an agreement between you and your child. Behaviours expectations and consequences are clearly defined.



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