

POSITIVE BEHAVIOR SUPPORT: TOP 10 TIPS FOR PARENTS



1	Remember 5:1 with positives	Make a big deal about the good things you see. Say at least 5 positive things for every correction or redirection you give.
2	Set the stage for success... reward the effort.	Notice if your child is trying to change their behavior. Give praise to your child for their efforts.
3	Give clear, specific directions.	Describe very clearly the behavior you want to see. Give examples that they understand. Don't lecture! The more you talk, the less they listen!
4	Use a calming voice.	Stay calm. If you need to take a few deep breathes before speaking, that's okay.
5	Set reasonable expectations.	Make sure that your expectations are reasonable and achievable for your child.
6	Be consistent. YES means YES and NO means NO.	Think before you speak. If you say NO and change your mind because your child whines, you will teach your child to whine to get their way.
7	Set the example. Actions speak louder than words.	Your child is watching what you do. Set a positive example by modeling the behaviors and positive strategies you want your child to use.
8	Anticipate the situation.	Set up situations so your child can be successful. Make sure the rules and expectations are clear ahead of time.
9	Have patience.	No one is perfect all the time. Changes in your child's behavior will take time. It will not happen overnight.
10	Have fun and enjoy the ride!	Sometimes you just have to laugh! Find things to do with your child that you both enjoy.

*Adapted from the PEAL Center