

# Positive Behaviour Strategies

## Stay Calm

Remain calm and neutral when they are engaged in the undesired behaviour.



## Follow Through

Follow through when you give an instruction or tell them no.

## Model

Model the behaviours you want your child to do.



## Role Model

Practice the expected behaviour with your child

## Reinforce Behaviours You Want To See

Whenever you see them doing something good make sure you tell them. Give them praise, attention, or a special treat.

For example -if they say your name to get your attention, or uses a calming strategy when upset tell them they did a good job.



## Give Choices

Give your child choices when possible. This gives them some control even when they have to do something they don't want to do.

For example -No you cannot watch your show right now, you can play games with me or play with blocks

## Predictable Routine

Stick to a routine so that they know what to expect



## Visual Schedule

Create a visual schedule with daily activities. This allows them to prepare themselves throughout the day

