



# Kids Care: Tips for Managing Behavior

## Don't Get Physical

- Using any physical control is inappropriate, unless there is an eminent safety issue.
- Use your body, not your hands, to guide a kid back to their activity.
- Extreme behaviors signal a need to page parents.

## Adjust Your Language

- Use language that the child can understand.
- Use short sentences or single words.
- Use sign language or other visual cues as you speak.

## Use Praise, Praise, and More Praise

- Focus lots of praise on positive and acceptable behaviors.
- Include the actual behavior in your praise. Say, "Nice *sitting*." "Good job *listening*." "I like how you are *playing*."

## Ignore It

- Ignore minor misbehavior, minimally bothersome behaviors, and harmless repetitive behaviors.
- Decide what can be ignored and stick to it.

## Save the No's

- "No" should be reserved for when you really need it.
- Use other negative verbalizations such as "Uh-oh." "Stop." "I don't think so."

## Break It Down

- Take an activity step by step.
- Praise the child at each step.

## Support for Success

- Control what you can to ensure that the child is successful in completing the task.
- Modify and improvise as needed to help engagement.

## Acknowledge the Child's Feelings



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- You can say, “I know it’s hard” or “I can tell you are mad.”
- Try to have the child verbalize his or her feelings. You can prompt the child with, “Say, I’m sad!”

### **Give the Child Plenty of Notice Before a Change**

- Give the child some time to process and accept a change but stick to it.
- Use a picture or object to aide in communicating the change.

### **Ask for the Behavior You Want, Not What You Don’t Want**

- Keep your language positive. (“Walk, please.” vs. “Don’t Run.”)