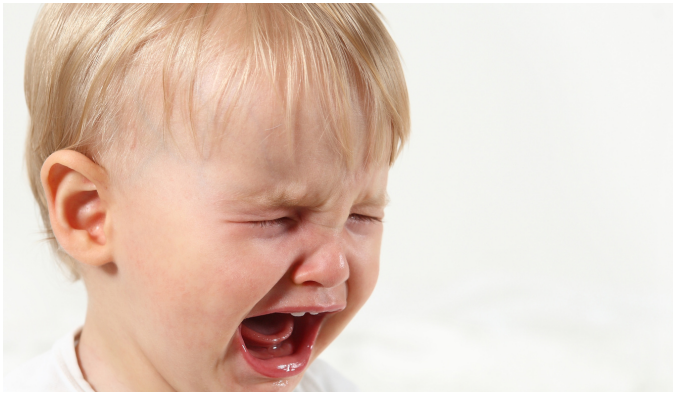


TIP SHEETS

Strategies to Prevent Challenging Behavior



Children sometimes react to the world in a way that is challenging to adults. Using positive support strategies can help prevent challenging behaviors.

PROVIDE ROUTINE

Basic routines are important for all young children because they allow children to predict what will happen next. Many children struggle to keep up with change, but providing a set schedule can help.

Establish a schedule by:

- Limiting change in routine
- Limiting time spent waiting
- Notifying when a change is coming

Teach routines by using picture schedules. Review the schedules with children every day and use them throughout the day and during transitions.

OFFER LANGUAGE

When children learn to express themselves, they are less likely to react in a negative way. Help them to talk about their big feelings and support them in calming down.

Use the same phrases over and over so children can easily remember what to do. This helps them feel safe and encourages thinking before reacting. Include phrases like:

- This looks like a problem. Let's work together to solve it.
- It's almost time for...
- We have enough...
- First... Then...

USE CUES

Cues are gestures and visual or verbal supports that tell children what we expect from them or what is coming

next. They are especially effective with children who may struggle with transition or change. Cues include:

- Visual
- Verbal
- Body
- Physical

Visual cues

Visual cues are easy to use and can be posted throughout your care setting. Use pictures instead of words to communicate the routine as well as rules for success.

Verbal cues

Verbal cues remind children of the expectations. This can include simple instructions and tells children what they CAN do.

Body cues

Body cues involve a gesture, such as pointing, to indicate what you would like a child to do. Use simple gestures, and make sure the child is looking at you as you use this type of cue.

Physical cues

Physical cues can be a great way to support a child. This can be a touch on their shoulder to offer support or to get their attention when reminding them of a change in activity.

STAY POSITIVE!

Create a positive tone to help the child build on their own successes and self-esteem. Positive praise includes:

- Using the child's name
- Noticing what they are doing well and commenting on it
- Describing what is expected and focusing on the behavior rather than the child



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