

## Tip Sheets

### Positive Behavior Support Plan



A positive behavior support plan is an action plan that outlines the specific steps needed to promote a child's success and participation in daily activities and routines. The plan is developed using a person-centered approach.

This means that the team works together to:

- Share hopes, dreams, and goals for the child.
- Identify the child's strengths/interests/abilities.
- Identify proactive prevention and intervention strategies to support the child's success.

The goal of developing a positive behavior support plan is not to "punish" a child but to teach and support them in learning new skills and strategies that reduce the occurrence of and eliminate the need for the use of challenging behavior.

#### Elements of a Positive Behavior Support Plan

The behavior support plan must be developed using a team approach. Team members should include the individuals most involved in the child's life, such as parents/family members, early care and education professionals, and any other

#### The 6 Steps of Positive Behavior Support

1. Building a Behavior Support Team
2. Person-Centered Planning
3. Functional Behavior Assessment
4. Hypothesis Development
5. Positive Behavior Support Plan Development
6. Monitoring Outcomes

professionals working with the child. The plan must include the following.

#### 1. Description of the Behavior

Give a detailed and accurate description of what the behavior looks like so everyone observing the child can recognize the behavior. Also include *where* and *when* the behavior occurs.

#### 2. The Function of the Behavior

This is the child's motivation or purpose for using the behavior; *why* the behavior occurs.

#### 3. Previous Behavior Guidance Strategies

Note which interventions have been tried and which have worked/not worked in the past.

#### 4. Setting Behavior Goals/Replacement Skills

Describe the new, appropriate behaviors and skills the child should learn in order to replace the need for the challenging behavior. Replacement strategies should be easy for the child to learn, efficient, and effective in meeting the function of the behavior. Consider:

- How will the new skills/strategies help the child get their needs and wants met?
- Who will teach these new skills?

#### 5. Prevention Strategies

Which strategies will reduce the likelihood of child's need to use challenging behavior? Consider the environmental arrangement, changes in activities, and the use of visual supports, etc.

#### 6. Consequence Strategies

What are the guidelines for adult responses to a child's challenging behavior? Include positive

reinforcement strategies to encourage use of new skills and strategies that ultimately make the use of the challenging behavior ineffective.

### 7. Long Term Strategies

What are the child's, parent's, and professional's long-term goals and dreams for the child.

### 8. Safety Net Procedures

Note the procedures to follow to ensure safety of child and others.

### 9. Action Plan

Outline the specific objectives needed to ensure consistent implementation of the plan. Identify the:

- Specific steps.
- Person responsible.
- Projected date of completion.
- Follow-up actions (if necessary).

### 10. Description of Success

- What criteria will be used to evaluate progress?
- What data will be collected?
- How will it be recorded?
- Who will monitor the plan and evaluate its effectiveness?

### 11. Communication Plan

How will plan be communicated to all who need to know about and implement the plan? Develop a weekly communication plan to monitor progress.

Although the development of a formal positive behavior support plan may initially seem overwhelming, it is an important step in supporting a child whose behaviors are interfering with the opportunity to experience success.

### Additional Resources

Association for Positive Behavior Support

<http://www.apbs.org>

Center for Social Emotional Foundations of Early Learning

<http://csefel.vanderbilt.edu/resources/strategies.html#toolsplans>

Connectability.ca

<https://connectability.ca/2014/06/14/behaviour>

Technical Assistance Center on Social Emotional Intervention (TACSEI)

<https://challengingbehavior.cbcs.usf.edu/Pyramid/pbs/index.html>

*The goal of Positive Behavior Support is not "perfect children." Rather the goal should be creating the perfect environment to enhance their growth.*

*~ Randy Sprick*

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