Behavior Modification Tools

Redirection
- ✓ For a toddler: Physically pointing them to something else
- ✓ For an older child: Getting them interested in something else

Ignore behaviors
- ✓ Pick and choose your "battles"
- ✓ Some behaviors they learned in the past, like inappropriate language, may go away if ignored.

Change enviorment
- ✓ Setting up the environment for success "child-proofing", snack availability
- ✓ Know what triggers the child

Modeling
- ✓ Model the behaviors you want to see

Ask vs. Tell
- ✓ Think of requesting rather than demanding
- ✓ This gives the child a "choice"
- ✓ This doesn't mean you don't follow through

Choices
- ✓ Give children choices gives them a sense of control
- ✓ Limit the number of choices at the beginning

Pre-teach
- ✓ Going over expectations before going into any situation helps avoid problems
- ✓ Use in all situations (stores, school, dinner etc)

Routine Charts
- ✓ These help children and youth learn responsibility
- ✓ This also cuts down on arguments about what is next
- ✓ This helps the child feel safe and secure

Stay calm / De-Escalate
- ✓ Take deep-breathers—oxygen to the brain helps it engage and override primitive responses. This also can help the child take deep breaths and calm without even knowing it!
- ✓ Smell roses, blow out candles; balloon breathing
- ✓ Use a calm voice and simple words. Don't over explain: simple is key!

Find the meaning behind the behaviors
- ✓ Finding the meaning is the first step towards dealing with behaviors.
- ✓ Help the child identify their feelings

Re-Do's
- ✓ This involves giving the child a chance to do the behavior over correcting it to the acceptable behavior. The caregiver then should praise the child for doing it the correct way.
- ✓ Example: Child slams door. The re-do is to go back and close the door without slamming it. Praise the child. No further discussion or consequences

Time-in
- ✓ Place to clam down and feel better
- ✓ Child chooses- location, set up of space, name of place, how much time and when to go there.
- ✓ Time to connect with the child and talk about what happened or identify their feelings.

Problem solving & making amends
- ✓ Identify Problem
- ✓ Brainstorm Solutions
- ✓ Analyze possible Solutions
- ✓ Choose a solution
- ✓ Evaluate and retry if necessary