

TARGET POSITIVE OPPOSITE BEHAVIORS

1. Describe Behaviors that are Positive & Appropriate 2. Use Differential Attention to Praise Positive Behavior

ATTENTION PROBLEMS/OVER

ACTIVE

- Attentive
- Calmness
- Completing
- Concentrating
- Finishing
- Focusing
- Following directions
- Gently
- Hands to self
- Listening
- Making Good Decisions
- Paying attention
- Quiet hands and feet
- Quietly
- Sitting
- Sitting calmly, still
- Staying at the table
- Taking their time
- Thinking things out
- Watching

Additional Strategies

Begin with one toy at a time
Change toy as soon as you see they will escalate
Caregiver uses brief messages
Play slow motion game
Breakdown the tasks

DAWDLE

- Answering
- Choosing
- Completing task
- Finishing
- Making Decisions
- Moving
- Paying attention
- Quickly
- Responding
- Right away

Additional Strategies

provide choices
Timer
Natural/logical consequence
Make a Game of Racing
Introduce new activity

DESTROYS/CARELESS

- Carefully
- Gentle
- Nicely
- Safely

Additional Strategies

Provide reason & Remove Toy
Model appropriate play
Slow motion game

INTERRUPTS/SEEKS ATTENTION

- Letting other talk
- Listening
- Patient
- Taking turns
- Tapping on arm gently
- Using polite words, for example:
"excuse me"
- Waiting

Additional Strategies

Cell phone drill
Have child raise hand
Parent hold up one finger or hand
Role-play appropriate behavior

OBEY

- Attitude
- Cleaning up
- Complying (doing it the first time)
- Doing
- Finishing
- Following directions
- Handing
- Keeping toys on table
- Listening
- Making
- Minding
- Placing
- Putting
- Quickly
- Sharing
- Taking turns

Additional Strategies

Use toys that take some assembly and direction from caregiver (e.g. train set)
Re-Doing (i.e. doing the behavior the correct way)

OPPOSITION / ANGER

- Calmly
- Concentrating
- Gently
- Label feelings
- Listening
- Nicely
- Patiently
- Playing
- Quickly
- Quiet Voice
- Sharing
- Softly
- Taking their time
- Taking turns
- Talking
- Thinking things over
- Using words
- Waiting

Additional Strategies

Calming Techniques
Decrease Enthusiasm of Caregiver
Have Caregiver use Calm/Quiet Voice
Reflect feelings
Validate feelings
Reframe position/fact
Deep breathing exercise

PROVOKES/FIGHTS

- Being a friend
- Caring
- Compliment
- Cooperative
- Gently
- Hands to self
- Nice Words
- Playing
- Saying nice things
- Sharing
- Softly
- Taking turns
- Talking
- Using words

Additional Strategies

Positive physical gestures
Doll/stuffed animal play

TABLE MANNERS

- Asking politely
- Chewing w/mouth closed
- Cleaning up table
- Handing
- In-door voice
- Listening
- Passing things
- Setting table
- Sitting
- Swallowing
- Talking
- Trying new things
- Waiting

Additional Strategies

Caregiver Modeling behavior

VERBAL EXPRESSION

- big-boy/girl
- calmly
- nicely
- patiently
- quietly
- softly
- using words tells me what you need, want, feel, etc
- in-door voice
- whisper

Additional Strategies

Lower voice
Whisper game