

Surviving Summer

A Behavior Analyst's Quick Reference Guide to Keeping Your Cool



1. Plan and Make it Fun

The first tool in your kit should be to have activities planned.



2. Use Pre-Teaching

Set expectations and boundaries. Talk about what will happen before it happens.

3. Provide Choices

Giving simple choices allows your child some control and can keep focus on the task at hand.



4. Use First-Then

When asking your child to do something they don't like, keep their eye on the prize with a reminder of what happens next.



5. Use Shaping

Take note and reinforce the small stuff... even the little things are steps in the right direction...baby steps.



6. Predictable Transitions

Use timers to help your child prepare for an upcoming transition... or use 5-3-1 minute verbal prompts.



7. Reinforce & Reward

Always aim to reward and praise good behavior... Reinforcement teaches skills, and it's the 1st step to preventing problem behaviors.



8. Focus On What To Do...

...instead of what you want your child to STOP doing.



LIGHTHOUSE BEHAVIORAL CONSULTING

762.359.0003

WWW.LIGHTHOUSEBEHAVIOR.COM