

Preventative Behavior Newsletter

It's "that" time of year.

Big holidays are over. Still cold and dark out. Everyone's back to work and school. Status quo.

It's a good time to check-in with our kids & share positive reminders to keep the momentum going.

Preventative Support Strategies. *Moving forward, these reminders can be useful before behaviors occur. Putting them into place ahead of time can set your child up for "success."*

1. Keep and post a hands-on/visible schedule. This helps our children transition between activities and when to stay on top of tasks.
2. Set up a time or give a reminder when they are transitioning/moving from one task to another. Example: "Ok, you have two minutes before you need to get ready for...(dinner, softball, etc)"
3. If there are multiple tasks, list them in order of importance. Have your child check them off as each one is accomplished.
4. If your child becomes defensive or acts out because of requests, do not raise your voice to meet theirs. Instead, lower your volume and become softer so they must drop theirs down in order to hear you.
5. Give options/choices when possible. It allows them to become more independent and less resentful of doing tasks. Example: Do you want to finish your homework first or eat dinner and then do your work afterwards?
6. Be sure to give random praises and/or stars on their To-Do lists so they know they're doing it correctly and so they can feel good about it, too.

Ms. Giovanna,
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