

# SOCIAL-EMOTIONAL AND BEHAVIORAL RESOURCES

**For Home**

# PARENT RESOURCES FOR SUPPORTING FAMILIES DURING COVID-19

Childmind Support and resources for families during Covid-19

Parents.com Tips for setting up your child's virtual workspace

PBS.org Creating a structured routine (also see Online Resources Slide)

ADDitudemag.com Sample daily routine plus many links to activity ideas, academic websites, healthy snacks, etc

Healthy At Home Toolkit for Learning at Home, Prevention and Care, and Emotional Well-Being

# WEBSITES FOR EMOTIONAL REGULATION / MINDFULNESS

Mind Yeti Guided mindfulness sessions and videos

GoZen on Youtube Mindfulness cartoon videos

Go Noodle Movement and mindfulness videos

Mindfulness for Teens Videos for middle school and upper grade levels

Parents.com 6 mindfulness apps for kids

PsychCentral 50 Calm-Down activities and techniques

GoZen Calming 49 phrases to calm an anxious child

# ONLINE RESOURCES FOR BEHAVIOR STRATEGIES AT HOME

Free Printable Behavior Charts Offers everything from behavior charts, behavior contracts, visual cards, etc for both school and home

A Day In Our Shoes Tons of free printable visual schedules, choice boards, chore charts, etc.

Edutopia Social Emotional learning strategies for parents

Childmind Managing problem behaviors at home

10 Positive Behavior Support Strategies for Home

# TOP 5 BEHAVIOR MANAGEMENT STRATEGIES FOR HOME

## 1. Positive Reinforcement

- Immediately follows positive behavior
- Size of reinforcer should match effort of behavior
- Can be verbal, social, tangible, or token

Examples: verbal praise, hugs, time in desired area such as park, watching a movie, small treats, toys, tokens/stickers, etc.

# TOP 5 BEHAVIOR MANAGEMENT STRATEGIES FOR HOME

## 2. The Premack Principle (First, Then)

-This is a structured way to let your child know two things: (a) what the expected behavior is- the First; and (b) what positive reinforcement they will receive after- the Then.

-Using consistent “First \_\_\_\_\_, then \_\_\_\_\_” wording helps even young kids understand what’s going on and helps them perform the desired behavior. Reminding them of the good thing that’s coming can make it easier to do the necessary un-fun thing.

### Examples:

First wash your hands, then pick out a snack.

First fold the laundry, then we can play legos together!

First finish your homework, then we can play a video game.

First eat your vegetables, then you may have a cookie.

# TOP 5 BEHAVIOR MANAGEMENT STRATEGIES FOR HOME

## 3. Strategy Pairing/Pairing with Reinforcement

-Pair a fun thing with an un-fun thing every single time at first. Then you can gradually fade it out until the issue is diminished.

-Ideas that are easy to use for pairing: pair singing a favorite song while doing an undesired routine; eating a favorite fruit every time a new vegetable is on the plate; doing a less desired activity in a favorite spot or chair

Example- My son doesn't like to get his fingernails clipped, but loves sitting on the front porch watching cars. Therefore we sit on the front porch while clipping fingernails.

# TOP 5 BEHAVIOR MANAGEMENT STRATEGIES FOR HOME

## 4. Behavior Specific Labeled Praise

-When you give your child verbal praise, make sure they know exactly what they are receiving the praise for! What did they do that was a good job? Do they know?

-Instead of always saying the same old “Good job” how about “Good job sharing toys”. Or “I like the way you used your fork correctly” or “Thank you for following directions”. Adding that one little phrase can make a HUGE difference!

Examples:

Way to wait your turn!

Awesome job putting your shoes on by yourself!

I like how you got into the car the first time I asked.

Thank you for putting your dishes in the sink.

# TOP 5 BEHAVIOR MANAGEMENT STRATEGIES FOR HOME

## 5. Offering Choices

-Offering choices is an easy way to prevent problem behavior. Instead of constantly saying “No” or “Stop,” offer your child choices of what they CAN do instead.

-Give choices between appropriate responses or activities. What CAN they do to stay out of trouble and maybe actually even earn some positive reinforcement?

Examples: “There is no hitting. You can walk away or ask nicely for a turn.”

“You have to ride in the grocery cart. You can play with this toy or eat this snack I brought for you.”

“Yelling at your brother is not an option. You can speak nicely to him or go have some time away from him.”

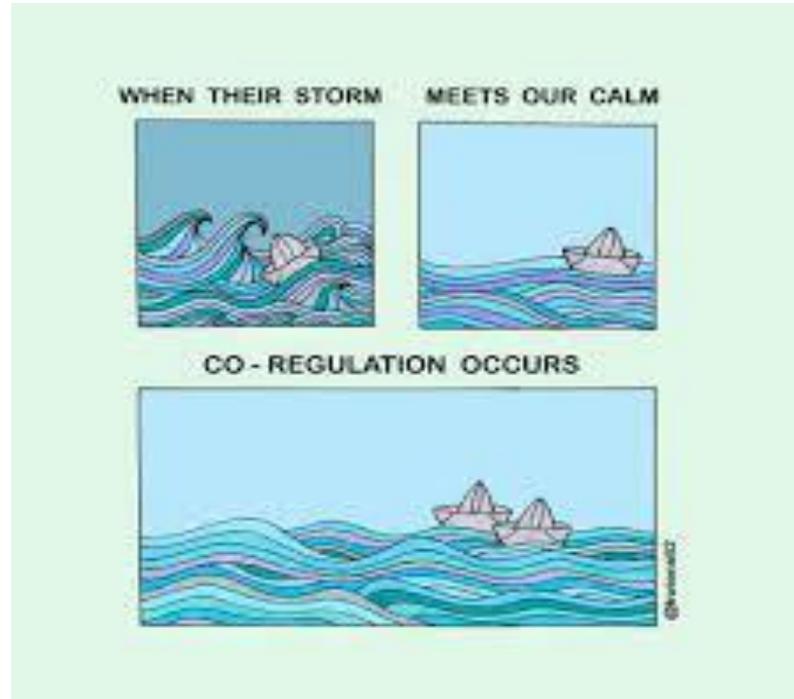
-You can also offer simple daily choices such as choosing between two different shirts to wear or two different snack options.

# REMEMBER THE 3 C'S WHEN IT COMES TO BEHAVIOR!!!!

Clear

Calm

Consistent



# CONTACT INFORMATION

Please feel free to reach out for more information on social-emotional and behavioral strategies for home!

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