My Child is Home… Now What??
Managing Behavior

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Parts of a Plan

1. What is My Child Telling Me?
2. Prevent the Behavior
3. Start to Reinforce
4. Build New Skills
What is My Child Telling Me?

• Questions to ask yourself
  – Is this new behavior?
  – When does the behavior happen?
  – Who does the behavior happen with?
  – Has anything worked to address this behavior before?
  – Is my child safe? Is my family safe?
What is My Child Telling Me?

• Collect data!
  – Write down when you see it and the answers to the questions

• What is being communicated?
  – I want attention!
  – I want out of this!
  – I want something!
  – I like the way this feels or sounds!
### Prevent the Behavior

<table>
<thead>
<tr>
<th>Section</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop a Routine</td>
<td>• Watch Video 1 😊</td>
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<tr>
<td>Give warnings</td>
<td>• Visual- countdowns and timers</td>
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<tr>
<td></td>
<td>• Verbal- It’s almost time to be done!</td>
</tr>
<tr>
<td>Avoid</td>
<td>• Does this have to happen?</td>
</tr>
<tr>
<td></td>
<td>• Better with another caregiver?</td>
</tr>
<tr>
<td>Do In Small Steps or Amounts</td>
<td>• How much can he/she handle?</td>
</tr>
<tr>
<td></td>
<td>• Try to stop <strong>before</strong> behavior starts</td>
</tr>
</tbody>
</table>

![Cincinnati Children's Logo](image)
## Prevent the Behavior

<table>
<thead>
<tr>
<th>Change How You Ask</th>
<th>• Choices, Prompts, &amp; Clear Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build in Breaks</td>
<td>• For you and for your child!</td>
</tr>
<tr>
<td></td>
<td>• Alone time is important!</td>
</tr>
<tr>
<td>Build in Sensory</td>
<td>• Check out Jayne’s Sensory Diet info!</td>
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<tr>
<td></td>
<td>• Exercise is important!!</td>
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<tr>
<td>Change the Environment</td>
<td>• Remove unavailable items</td>
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<tr>
<td></td>
<td>• Think about safety</td>
</tr>
</tbody>
</table>
Start to Reinforce

• Catch Your Child Being Good!!!
• Make items or activities contingent on appropriate behavior
• Praise the appropriate behavior!
• Decrease attention for inappropriate behavior
• Use visuals
• Keep rewards immediate and feasible
  – Think outside the box!
Start to Reinforce

3 ✴'s = 📱

First

Then

Disney+
Build New Skills

• Replacement Skills
  – Ex: Excuse me please or tapping
  – Be very responsive if a skill is used!

• Teach new skills
  – To lower anxiety
  – Increase independence
  – Fill schedule
Strategies for Crisis

• Safety
  – Think about a safe space in your home if an outburst occurs
• Remove Your Child or Others
  – Try to get them to a calm, quiet space
  – Remove the target
• Limit Verbal Interaction
  – No conversations or lectures
  – Silence and simple directions are powerful!
• Lower Demands
• Hungry, thirsty, tired, overstimulated?
Strategies in a Crisis

• Hurdle Help
  – Provide a little assistance to finish the task or to get them started

• Proximity
  – Is it better to be close or give space?

• Manage Your Emotions
  – Take a deep breath!
  – Take a moment away if needed.
Parts of a Plan

What is My Child Telling Me?

Prevent the Behavior

Start to Reinforce

Build New Skills