

My Child is Home... Now What?? Managing Behavior

Rebecca Shaffer, Psy.D.
Director of Psychological Services
Cincinnati Fragile X Center



Parts of a Plan

What is
My Child
Telling
Me?

Prevent
the
Behavior

Start to
Reinforce

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

Develop a Routine

- Watch Video 1 😊

Give warnings

- Visual- countdowns and timers
- Verbal- It's almost time to be done!

Avoid

- Does this have to happen?
- Better with another caregiver?

Do In Small Steps or Amounts

- How much can he/she handle?
- Try to stop before behavior starts



Prevent the Behavior

Change How You Ask

- Choices, Prompts, & Clear Directions

Build in Breaks

- For you and for your child!
- Alone time is important!

Build in Sensory

- Check out Jayne's Sensory Diet info!
- Exercise is important!!

Change the Environment

- Remove unavailable items
- Think about safety

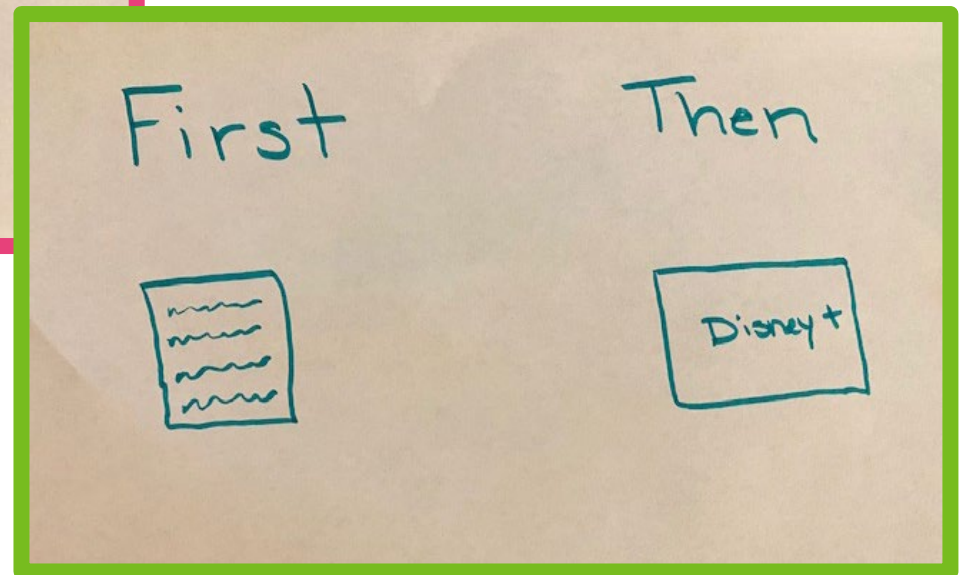
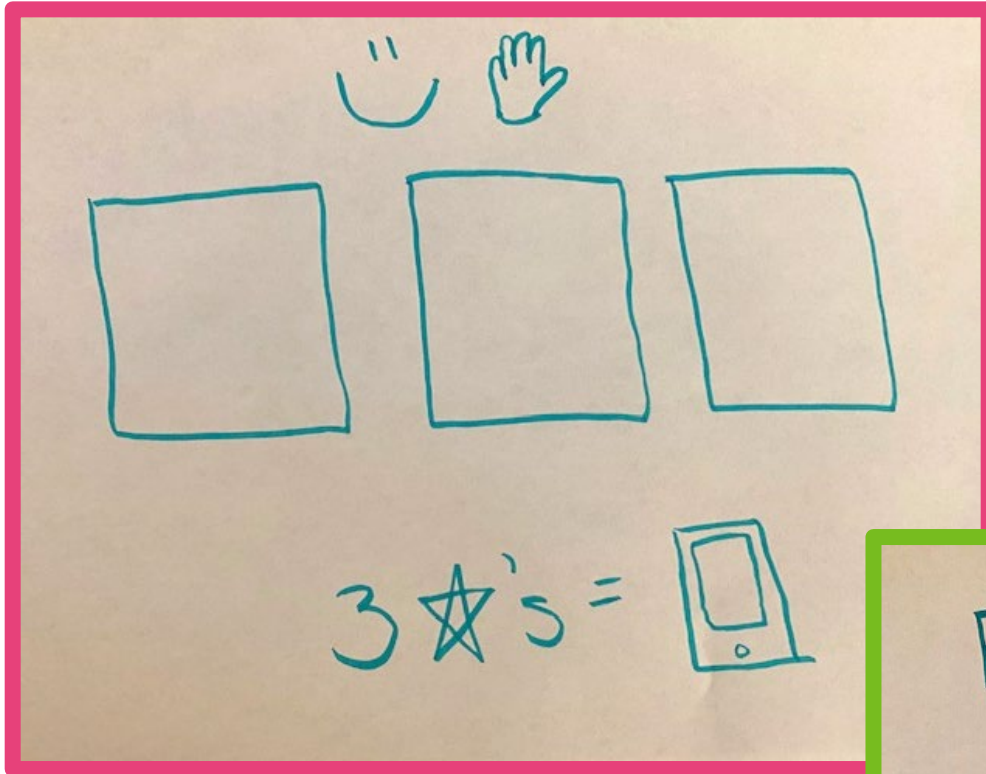


Start to Reinforce

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



Start to Reinforce



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.



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