

# Positive Solutions for Families

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## Session 3: Behavior Has Meaning

# What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Affirmations
- ✓ Determining the Meaning of Behavior
- ✓ Being a Behavior Detective
- ✓ Developing and Teaching Rules





# Apply It and Try It Reflection

**Keeping it Positive**

How did your  
child react?  
How did it make  
you feel?

**Encouraging  
Positive Behavior**

Behavior you want to  
occur more?  
Behavior you want to  
occur less?



# Affirmations



Statements that  
are **encouraging**  
and **motivating**



Help us  
**feel strong**



Help us feel  
**optimistic** about  
change

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**Make a note!**

Reflect on the changes you have made  
or your efforts with your child.



# Behavior Has Meaning

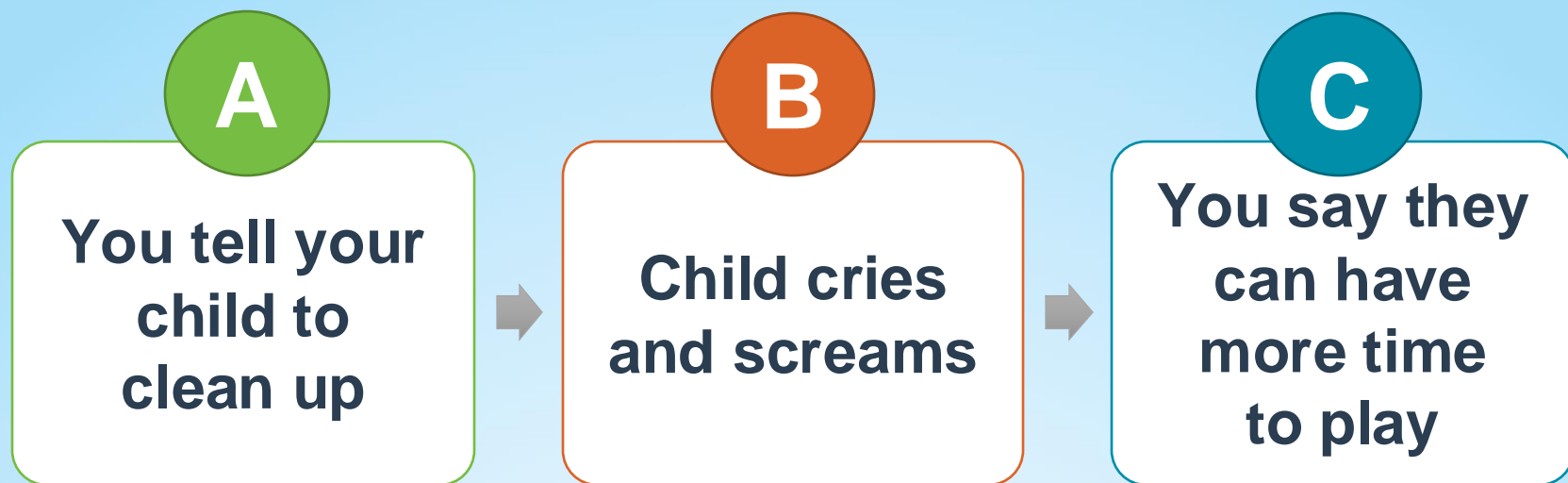
- Challenging behavior works!
- It sends a powerful message:
  - I want something (Get or Obtain)
  - I don't want something (Avoid or Escape)
- **Function** = What a child is trying to communicate



# The ABC's of Behavior



# ABC's and the Meaning of Behavior



*Meaning of behavior:*  
**I wanted more time to play.**





# Behavior Detectives

Look for clues:

- Before the behavior
- What the child did or the behavior
- After the behavior







## Angelo Before (Antecedent)



What happened before his behavior?

What does that tell you?





## Angelo During (Behavior)



What did he do?





## Angelo After (Consequence)



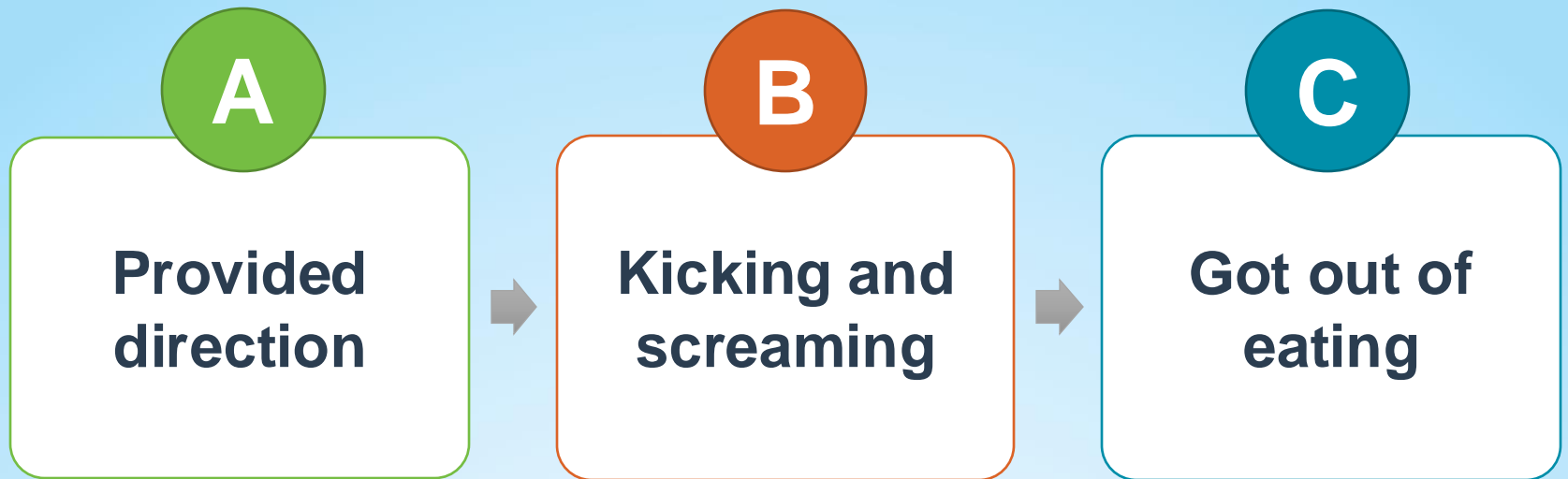
What did Angelo eventually get?

Do you think he might try this behavior again?

What might be the meaning of Angelo's behavior. What is he trying to tell his mother?



# ABC Summary



*Meaning of behavior:*  
**Avoid dinner**





# Apply It and Try It

## Why Do Children Do What They Do?



Activity 2

- Observe your child
- Use the form to keep track of:
  - What happened before the behavior
  - The behavior
  - What happened after the behavior
- Determine what your child is communicating:
  - To get or obtain
  - To escape or avoid



# Time Out

- **Step 1:** Stay Calm! Guide child to time-out.
- **Step 2:** Set timer for 3-4 minutes. Tell child that when the timer goes off and they are calm, they can get up.
- **Step 3:** When time is over, allow child to return to activity. Provide encouragement and positive feedback for appropriate behavior in the activity.





# Common Time-Out Mistakes

- Angrily threatening child with time-out
- Allowing other children to tease the child in time-out
- Talking to your child during time-out
- Applying time-out long after behavior occurred
- Scolding or shaming when putting child in time out.
- Using it as the only approach



# Household Rules

## Rules for Rules:

- Keep it simple (3 to 5 rules).
- State the behavior you want to see.
- Pick rules that can be applied in a lot of situations.
- Use visuals to explain the rule.



# Rule Examples

1. Clean up after yourself
2. Use an inside voice
3. Ask before you use something that is not yours
4. Use words to solve problems

## Our Rules

1. Listening Ears



2. Gentle hands and feet



3. Clean-up messes



# What Do You Think of These Rules?

1. Be nice to everyone
2. Don't tease or hit
3. Put your laundry in the hamper

Is this a  
good rule?

Would your  
child know  
what this  
means?

Does it state  
the behavior  
you want to  
see?







# Apply It and Try It

## Family Rules



Activity 3

- Develop your own family rules
- Use the template and write the rules down
- Let your child help you!





# Teachable Moments





# More on Teaching the Rules

## Teach Children What to Do!



Show and Tell



Practice Makes  
Perfect



You Got It!



# Fun Ways to Teach

- Use photographs
  - Take a picture of your child doing what you want them to do
- Write a story
  - Use scripted steps and photographs
  - Walk your child through the steps of following the rules
- Make it fun!
  - Get creative. Sing a song, act it out, make rules poster together.

## I Can Follow the Family Rules!



**The first family rule is to use gentle hands and feet.**  
I use gentle hands and feet every day.  
Gentle means I am soft and kind with my touches.  
Using gentle hands and feet keeps my family



**The next family rule is to use listening ears.**  
I use listening ears all the time. I use my listening ears to listen  
to my family when they talk, and then I follow their directions.  
Using listening ears shows my family I care.



# Apply It and Try It Review

## Things to Try at Home:

1. Observe your child using a challenging behavior using the **Why Children Do What They Do** form (Handbook Activity 2)
2. Create a **family rules** chart or poster (Handbook Activity 3)



# Thank You

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