

# At-Home Behavior Management Tips

Acton-Boxborough Regional School District

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We know that with the increased anxiety revolving around sudden and indefinite school closings and Coronavirus, behavioral problems might spike at home. See the following chart of different behavior management strategies to use at home.

<b>Create a weekly structure</b>	<b>Daily Schedule</b>
<p>Plan out the week and one special thing to do each day. This will keep a routine going while school is not in session for the time being.</p> <p><u>For example:</u> <u>Monday-</u> Go for a walk around the neighborhood <u>Tuesday-</u> Play with bubbles <u>Wednesday-</u> Play catch outside <u>Thursday-</u> Trip to the park <u>Friday-</u> Go for a bike ride</p>	<p>For most preschoolers, a consistent daily schedule is helpful. It can be written every morning. Use a visual schedule, if you have one at your home.</p> <p><u>For example:</u> 8:00- Wake up, snuggle, play 8:30- Breakfast and put dishes in the sink 9:00- Get dressed, wash hands and face, comb/brush hair. 10:00- Select and complete activities from the CHECP At Home Learning Board 11- Outdoor or movement activity 11:30-Bathroom, wash hands 11:45 Lunch 12:15- Quiet activity 12:30 Bathroom 12:45 Rest time 1:45 Bathroom, wash hands 2:00- Select and complete activities from the CHECP At Home Learning Board 3:00- Movement break or outdoor activity 4:00- TV or tablet time 5:00- Dinner 5:30- Family play 6:00 Music time 6:30 Bath time 7:00 Snuggles, Special bedtime stories 8:00- Bedtime</p>

### Reinforcement & Positive Feedback

Make sure that your child is receiving positive feedback for following the structure that was created, following the rules at home and listening to you.

***Make sure to keep levels of praise high during these stressful times- praise all rule following and appropriate behavior!***

#### For example:

- After you brush your teeth, you can pick the bedtime story.
- After a less preferred activity (the child needed more assistance, the child whined) present a highly preferred activity.

### Keep kids active!

It is important to encourage your kids to stay active and keep them moving during this time.

- Bring your child outside to play
- Do at home workouts or yoga with your child
- Incorporate lots of movement breaks into their daily schedules
  - Have your child carry the toy bin back to the toy shelf
  - Carry the books they've chosen to the couch
  - Carry their cup and plate to the sink

### Keep sleeping schedules routine

It is important that even though your children are not in school all day and not going to school in the morning, bedtime and wake-up times should stay consistent.

This will keep them on schedule for when school starts up again and limit the chances of problem behavior that erupt when it is time to return.

### Have kids HELP

Try to encourage your child to help you with activities around the house. These can be incorporated into their schedules and they can earn incentives for completing these things as well!

- Collecting laundry into basket and putting into the washer
- Taking clean laundry out of the dryer and carry to a room
- Put folded laundry into drawers
  - Put dishes in the sink
- Help cook a simple recipe (stir, mix, spoon, pour)

Visuals	Specify rules
<p data-bbox="196 289 773 432">If your child struggles with verbal prompting and directions, use visuals to help them get through the next week or so.</p> <ul data-bbox="228 474 792 810" style="list-style-type: none"> <li data-bbox="285 474 735 548">● Visual schedule for the days activities</li> <li data-bbox="228 548 792 621">● Weekly calendar- cross off each day as it goes by</li> <li data-bbox="253 621 768 695">● Visual timers for “home learning board”, less preferred play, etc.</li> <li data-bbox="228 695 781 810">● Visual timers are also great to use before and during transitions in your child's day</li> </ul> <p data-bbox="175 852 764 957"><u>“Choiceworks”</u> is a great visual schedule making app, and is very user friendly! Give it a try!</p> <p data-bbox="175 999 781 1073"><u>“Countdown”</u> is a great and child-friendly visual timer app</p>	<p data-bbox="829 289 1430 394">Specify a set of simple rules for your child to follow while school is not in session to keep this expectation in place.</p> <p data-bbox="1032 436 1227 468"><u>For example:</u></p> <ul data-bbox="870 474 1422 957" style="list-style-type: none"> <li data-bbox="870 474 1195 506">● Use an indoor voice</li> <li data-bbox="870 506 1284 537">● Only 1 hour of TV per day</li> <li data-bbox="870 537 1422 611">● Play outside for at least 30 minutes each day</li> <li data-bbox="870 611 1365 642">● Follow Mom or Dad’s directions</li> <li data-bbox="870 642 1179 674">● Bedtime is at 8:00</li> <li data-bbox="870 674 1406 810">● Climb outside play structures only (no climbing on top of tables or window sills)</li> <li data-bbox="870 810 1414 957">● Sit at the table (or special spot) to eat meals (rather than walking around and eating, or taking a bite of food and running away)</li> </ul>

These are all just suggestions- as every parent knows what works best for their child. Don’t hesitate to reach out with any behavioral concerns.