Positive Behavior Supports During Distance Learning

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Reasons for Behavior Challenges

• Trouble controlling impulses
• Trouble communicating
• Trouble relating to others
• Trouble managing frustration
Reasons for Behaviors Related to Academics

- Inappropriate demand
- Communication
- Fear of failure / anxiety
Remember...

• These behaviors are common
• Empathy and flexibility go a long way
• Behavior is communication
Remember Your ABCs

- Antecedent
- Behavior
- Consequence
<table>
<thead>
<tr>
<th>4. Functions of Behaviour</th>
<th>What It Does For Me</th>
<th>When Does it Happen</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S</strong> Sensory</td>
<td>Provides preferred sensory experiences; behaviour feels good to do</td>
<td>Anytime, even when alone. Especially if I’m anxious</td>
</tr>
<tr>
<td><strong>E</strong> Escape</td>
<td>Removes undesired activities or interactions</td>
<td>When task is too: hard, easy, boring, or scary</td>
</tr>
<tr>
<td><strong>A</strong> Attention</td>
<td>Provides access to people or interactions</td>
<td>When I want social interaction</td>
</tr>
<tr>
<td><strong>T</strong> Tangibles</td>
<td>Provides preferred items or activities</td>
<td>When I want a preferred item or activity</td>
</tr>
</tbody>
</table>
Things to Try at Home
### Visual Schedule & Reward Chart

- Clear expectations and consistent follow-through
- Establishes Routine
- Promotes independence

<table>
<thead>
<tr>
<th>Hang up coat</th>
<th>Have a snack</th>
<th>Play</th>
<th>Read a book</th>
<th>Eat dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
<td>![Image]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Change</th>
<th>Wash hands</th>
<th>Draw picture</th>
<th>Use bathroom</th>
<th>Prize</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
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</tr>
</tbody>
</table>
Helpful Strategies

- Provide clear, explicit instructions
- Stick to a routine
- Pick your battles
- Avoid power struggles by empowering your child with choice
- Use a visual timer and allow time for negotiation
- Model appropriate behaviors and give child another opportunity to "try again"
- Provide specific corrections and praise (avoid "No, thank you," and "Good job!")