



## Steps for Managing Public Behavior – Therapist Checklist

Step	Directions
1	<ul style="list-style-type: none"> <li>• Parents should be able to manage the child’s behavior at home before discussing strategies for managing behavior in public settings.</li> <li>• Congratulate parents on their accomplishments. Discuss the different thoughts and feelings parents have about their children misbehaving in public. Ask them about the strategies they are currently using.</li> </ul>
2	<ul style="list-style-type: none"> <li>• Explain that they will use the same PDI skills with their children in public places as in the clinic and at home.</li> <li>• You will tell them how to apply these rules when out at a restaurant or shopping, etc.</li> </ul>
3	<ul style="list-style-type: none"> <li>• Encourage parents to plan outings carefully:               <ul style="list-style-type: none"> <li>○ Only take child if necessary</li> <li>○ Avoid scheduling an outing at times when the child is usually eating or sleeping</li> <li>○ Consider options for time out and back-up in advance                   <ul style="list-style-type: none"> <li>▪ Time out can take place anywhere the child can sit. You may want to use a bandana, newspaper, placemat, grocery sack, to create some structure around sitting.</li> <li>▪ A back-up may be a dressing room, bathroom, car (with safety in mind). For an older child (5-6), it may be more effective to remove a privilege (e.g., no TV program at home).</li> <li>▪ When selecting a time-out spot, think of someplace out of the way (baby/toddler sections are good because other shoppers there are likely to be sympathetic parents). Plan where you will do time out ahead of time.</li> </ul> </li> </ul> </li> </ul>
4	<ul style="list-style-type: none"> <li>• Tell parents that, when beginning the outing, they should tell the child what the rules are (e.g., stay near me, keep hands to self, use a quiet voice, etc.)</li> <li>• Decide on a couple of rules (not more than 3).</li> </ul>
5	<ul style="list-style-type: none"> <li>• Encourage parents to use PRIDE skills often (<i>especially <u>labeled praise!</u></i>) and keep child busy by engaging them in activities (having them find something yellow or something that starts with a B, having them cross off items on a shopping list, having them get boxes from a shelf, etc.).</li> </ul>
6	<ul style="list-style-type: none"> <li>• Tell parents that, if they need to, they should give a direct command and make sure to follow through with praise or time out.</li> </ul>

7	<ul style="list-style-type: none"> <li>• If the parent is embarrassed about doing PDI in public, suggest other options such as going to a store in a neighboring town or practicing first at a friend's or relative's house.</li> </ul>
8	<ul style="list-style-type: none"> <li>• Encourage parents to practice public behavior by going on a scheduled 30-minute practice outing with the target child in the next week.</li> <li>• The purpose of this trip will be just to practice using PDI in public, not to get the family's groceries for the week or pick up necessary items.</li> </ul>
9	<ul style="list-style-type: none"> <li>• Let parents know that it is okay to give children a spontaneous, small reward for doing well on the outing (e.g., snack, getting to ride mechanical ride, getting to go look at the fish tanks), but discourage the use of bribes (e.g., "If you're good, then you'll get...").</li> <li>• It is not necessary to give a reward every outing.</li> </ul>