



Strategies to Manage Behaviors

PC-CARE

SESSION 3

Skill	Reason	Example
Rules	 Establishes expectations of behavior desired. Establishes rewards or consequences if rule is followed or not followed. 	There are two rules to going to the store; one is to stay by my side and the other is to keep your hands to yourself. If you break the rule then we will leave the store, or, if you follow the rules you will earn a treat."
Choices OR	 Allows child to feel like they have some control. Allows child to feel important Teaches child to make appropriate choices. 	 "You have two choices, you can play with the Legos or with Mr. Potato-Head." "You have a choice. You can play with the toys on the table or can sit back and relax.
When-then or If-then Statements	 Provides prompt to child on what the expected behavior is and what will happen upon compliance. 	 "When Nancy puts the toy in the box, then I will give her a sticker." "When Anthony uses his polite voice, then I can speak with him."