




# Strategies to Manage Behaviors

## PC-CARE SESSION 5

Skill	Reason	Example
 <p><b>Re-Doing</b></p> 	<ul style="list-style-type: none"> <li>Allows child to complete a task the correct and safe way or with a good attitude.</li> </ul>	<ul style="list-style-type: none"> <li>Child puts away toy roughly.</li> <li>Parent takes the toy out of box and places in front of child.</li> <li>Parent may model putting another toy away gently.</li> <li>Child complies and receives a specific praise.</li> <li>Child runs into playroom and takes out all the toys.</li> <li>Parent intercedes and puts the toys away.</li> <li>Parent uses when/then statement- "When Anthony walks into the playroom, then our special playtime will begin."</li> </ul>
 <p><b>Recovery</b></p>	<ul style="list-style-type: none"> <li>Allows both parent and child to return to a healthy, calm, positive state after the child has had to comply with a demand or expectation. <ul style="list-style-type: none"> <li>Distinguishes between the child as a person and their behavior.</li> </ul> </li> <li>Reduces resentment, arousal, and anger from having to comply with a hard command by using the PRIDE skills to focus child's attention on their positive behaviors, and refocus parent's attention on what they like about the child.</li> <li>Be sensitive to the child's needs. Some children need parents to sit quietly next to them after having to suffer a consequence for negative behavior, rub their backs calmly, or otherwise help them calm down before re-engaging in play.</li> </ul>	<ul style="list-style-type: none"> <li>After the child has completed a difficult command or has had a time out/consequence for behavior, return to using the PRIDE skills.</li> <li>"I have a really good time playing blocks with you when you listen." – specific praise</li> <li>"We are building a really tall tower together!" – description w/ enthusiasm!</li> <li>Hug child, breathe deeply. "It's ok to be sad. I'm right here with you." Be quiet. When child starts to talk or play, use PRIDE skills.</li> </ul>

