


Strategies to Manage Behaviors



PC-CARE SESSION 1

Skill	Reason	Example
 <p>Transitions</p>	<ul style="list-style-type: none"> • Provides the child a chance to prepare for a change. • Allows the child to complete their current activity before switching to another. 	<ul style="list-style-type: none"> • “In one more minute it will be my turn to play with the Legos.” • “At the end of this TV program, it will be time for bed.”
 <p>Adjust the Environment</p>	<ul style="list-style-type: none"> • Adjusting your environment to promote calm and compliance will help set you and your child up for success! • With fewer distractions and temptations to misbehave, the child will be better able to listen and follow directions. 	<ul style="list-style-type: none"> • Keep breakable and/or off-limits items out of reach and out of sight. • Keep the play area safe and kid-friendly so that the child can make good choices. • Support the child in regulating emotions by setting or changing routines. • Child: gets cranky and tired at dinner time. • Parent: makes dinner earlier so child can enjoy dinner without child being fussy and noncompliant.

