

Target Behaviors

Identify the problem behavior

Behavior is:

Observable

Measurable

Something we do, say, think

Identify an alternative

What CAN your child do instead?

Tell them the new expectation.

Watch for it to happen.

Give reinforcement!

Dead Man's Rule:

If a dead man can do it, it's not a behavior.

NOT talking, NOT hitting, NOT anything- doesn't tell your child what they CAN do!

Tell your kiddo what they CAN do!

Be clear and concise. What behavior exactly?

Steps to Success

1. Identify the problem behavior specifically.
2. Define an alternative behavior.
3. Tell your kids.
4. Watch for that behavior.
5. Give positive reinforcement.
6. Pay attention- is the behavior getting stronger, more frequent?

Learn more about

Target behaviors

Recommended Easy Reads:

1. <http://www.parentingwithaba.org/2015/06/09/replacement-behaviors/>
2. <http://www.bsci21.org/tips-for-teaching-your-kids-manners/>
3. Short video- <http://www.ustream.tv/recorded/111956101>

Legit Research References

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