

The Even Keel

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- Your laid back, go with the flow attitude sets a good example for those around you.
- Your kids sometimes might need a little more structure, and frankly, a little more fun!
- Use positive reinforcement to bring the fun & excitement back into family time.

Behavior management tips for YOU:

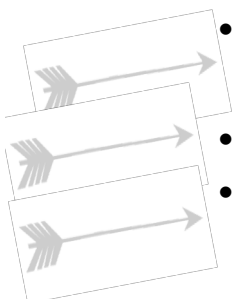
To use positive reinforcement, you need to know what your child finds reinforcing.

Ways to find good reinforcers:

- Ask them. "What would you like to earn?"
- Make a list of ideas. Have them rate how much they like each item.
- Use activities & privileges. You don't need to be spending money & buying stuff.
- Observe them. Pay attention to what they are into at home, at other's homes, on outings, etc.

Praise what you prize!
Enthusiastically give out praise and be specific about the behavior you'd like to see more of in the future!
"Thank you for..." | "I like how you ..."

Pair unfun things with something reinforcing.
When you pair a challenging task with something that is reinforcing to your child, the reinforcing properties can transfer onto the task. Over time, the un-fun thing won't be such a big deal anymore.
Try adding music, making games out of tasks, making things more fun!



- Clearly define the behaviors you want to see more of in the future! Short and to the point for your child to understand.
- Catch them being good & give lots of positive reinforcement!
- Change up the reinforcement & make sure it's something your child is in to!