

The Helper

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- Ready to assist in any way. Do not want your child to fail.
- Need to allow your children to learn and fail on their own
- Wanting to step in and help comes from the best place in your heart, but find ways to fade out your support and increase your child's level of independence.

Behavior management tips for YOU:

Increase independence by decreasing response effort.

- ✓ Make tasks easier for your child.
- ✓ Physically re-arrange things in the environment to make things easier to reach, tasks and chores completed with less distractions or obstructions.
- ✓ Give shorter instructions. Break tasks down into shorter steps that can be completed one at a time- making instructions easier to follow!

Fade out the prompting & support gradually.

- ✓ Add in wait time to see if they can do it on their own given the chance.
- ✓ Increase reinforcement for more independence.
- ✓ If you prompt, still give some positive reinforcement, just not as much.
- ✓ Be consistent.
- ✓ Try indirect prompts, pointing, starting sentences but not finishing them, etc.

ALWAYS!!!

- 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!