

The Wanderer

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- You are up on the latest trends in parenting and jump right into each new thing you learn as you go. As you learn more and your mindset shifts, your expectations and family priorities shift too.
- Your child may need a little more structure and consistency to keep up with you!

Behavior management tips for YOU:

Clearly define the expected behaviors for your family. Stick to them.

Target behaviors- things we want to see more of in the future.

Behaviors are: clear, concise, measurable.

Pick 1-3 priorities. State them clearly & to the point so everyone is on the same page. Reinforce when you see these happening! Catch them being good!

A task analysis and/or visual schedule is the perfect strategy for you!

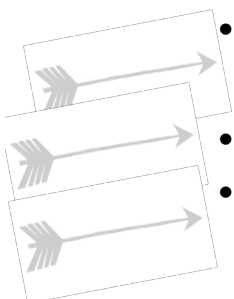
Task Analysis-

Break down tasks into all their component parts. Teach each step, model each step, can make it visual. Make complex routines easier to follow with the same expectations every time.

Visual Schedule-

Use pictures of your task analysis as a prompt or support to help your child complete routines independently.

Provide positive reinforcement for completing a single step correctly. Save the biggest/ best reinforcement for doing the whole routine independently!



- 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!