

Positive Behavior Supports During Distance Learning


Elizabeth Lewis

elizabeth@dscba.org



A large orange circle on the left side of the slide, partially cut off by the edge.

Reasons for Behavior Challenges

- Trouble controlling impulses
 - Trouble communicating
 - Trouble relating to others
 - Trouble managing frustration
- 
- A decorative yellow dashed line in the bottom right corner, consisting of several curved segments.

Reasons for Behaviors Related to Academics



Inappropriate
demand



Communication



Fear of failure /
anxiety



Remember...

- These behaviors are common
- Empathy and flexibility go a long way
- Behavior is communication



Remember
Your ABCs



Antecedent







Behavior



Consequence

4 Functions of Behaviour






		What It Does For Me	When Does it Happen
S Sensory		Provides preferred sensory experiences; behaviour feels good to do	Anytime, even when alone. Especially if I'm anxious
E Escape		Removes undesired activities or interactions	When task is too: hard, easy, boring, or scary
A Attention		Provides access to people or interactions	When I want social interaction
T Tangibles		Provides preferred items or activities	When I want a preferred item or activity






Things to Try at Home



Visual Schedule & Reward Chart

- Clear expectations and consistent follow-through
- Establishes Routine
- Promotes independence

Hang up coat	Have a snack	Play	Read a book	Eat dinner
				

	Change	Wash hands	Draw picture	Use bathroom	Prize
					
Monday					
Tuesday					
Wednesday					
Thursday					

Helpful Strategies



Provide clear, explicit instructions



Stick to a routine



Pick your battles



Avoid power struggles by empowering your child with choice



Use a visual timer and allow time for negotiation



Model appropriate behaviors and give child another opportunity to "try again"



Provide specific corrections and praise (avoid "No, thank you," and "Good job!")