Positive Behavior Supports During Distance Learning

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Reasons for Behavior Challenges

Trouble controlling impulses

Trouble communicating

Trouble relating to others

Trouble managing frustration

Reasons for Behaviors Related to Academics



Inappropriate demand



Communication



Fear of failure / anxiety

These behaviors are common

Remember...

Empathy and flexibility go a long way

Behavior is communication

Remember Your ABCS



Antecedent

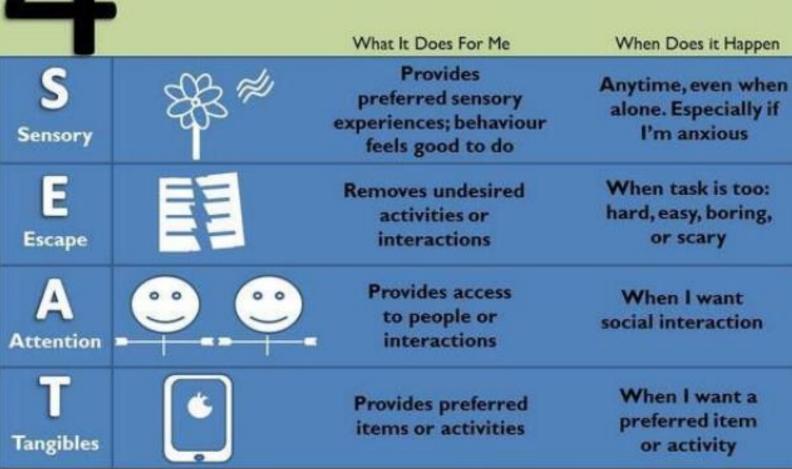


Behavior



Consequence

Functions of Behaviour



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!")