



Setting the Stage for Change

Green Chimneys Parent Training

February 9th, 2021

Sarah Shenefield, LMSW & Michelle Tendy, LMSW

Objectives:

By the end of the session, you will be able to:

- Define your child's behaviors & identify targets.
- Name the Positive Opposite of problem behaviors.
- Understand and develop a plan to prepare for change.

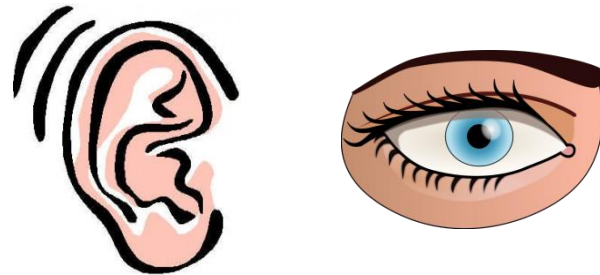


What is Behavior?

- A behavior is a response to a stimulus
- Behaviors have a function or purpose.
 - Access to a desirable object/preferred activity
 - Escape/Avoidance from demands or undesirable circumstances
 - Sensory needs - internal or external
- People are rarely aware of the functions of their behaviors

Defining Behavior

- An action
 - like waving or clapping my hands
- Can be seen or heard
- Thoughts, feelings, and attitudes are NOT behaviors



Observing Behavior

- ◉ **Why?**

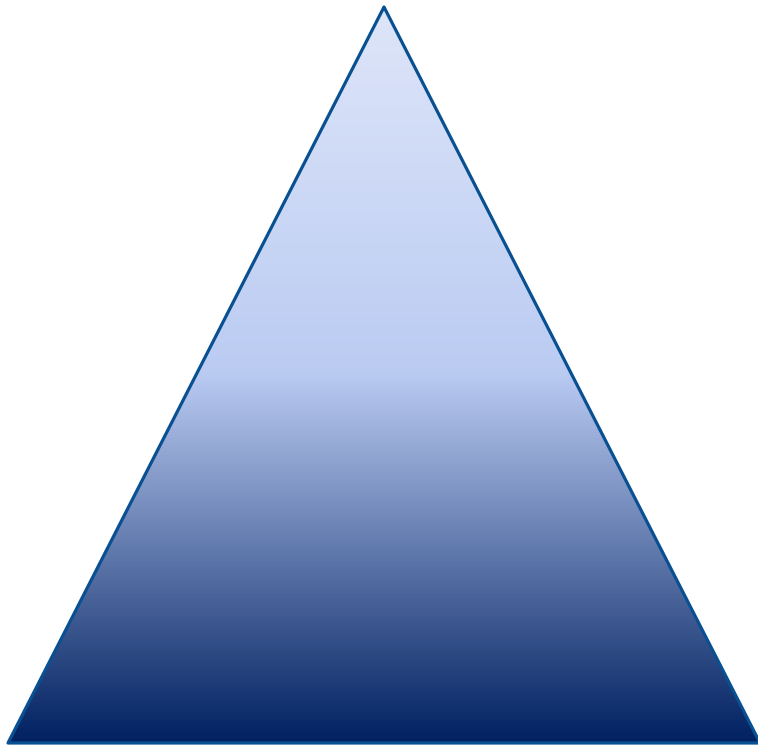
- ◉ Helpful for choosing the behavior to work on
- ◉ Helpful for figuring out if the intervention is working

- ◉ **HOW?**

- ◉ Setting
- ◉ When? Where? Who else is around?
- ◉ Describe the Behavior
- ◉ What is Seen? What is Heard?
- ◉ Be objective
- ◉ Frequency, intensity & duration



Hierarchy of Target Behaviors for Child



Unsafe or Risky

Quality of Life
Interfering

Quality of Life
Improving

Defining Problem Behavior

Think about:

- Setting
- When? Where?
- Who else is around?

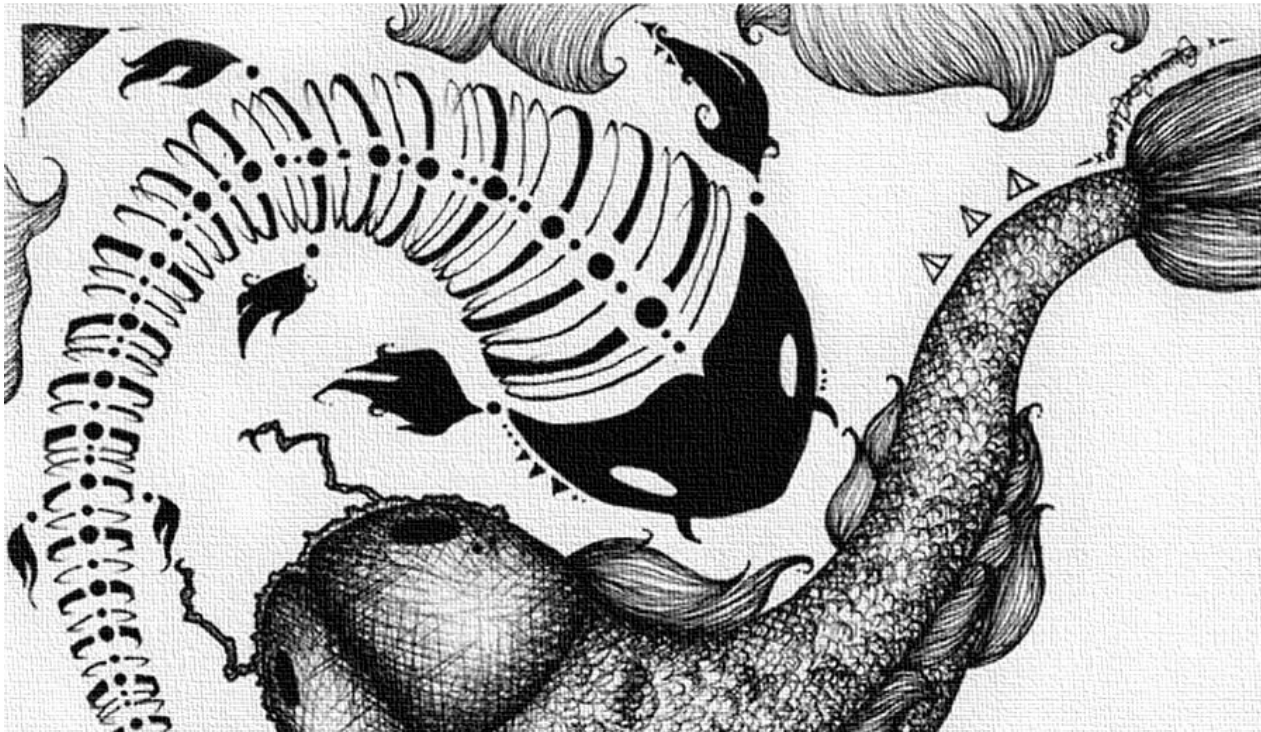
Describe the Behavior

- What is Seen?
- What is Heard?
- Be objective

Problem Behavior	Positive Opposite
1.	1.
1.	2.
1.	3.

Positive Opposites:

Flipping the script



Positive Opposite: What & Why?

- A positive opposite is a behavior you want your child to do
- Will replace the behavior that you DON'T want

"To change any behavior, it is crucial to increase positive opposite rather than punish negative behavior."

– Kazdin 2005



Positive Opposite: How?

- It is easier TO DO something than to NOT DO something
- Define the behavior you want your child to do
 - Be specific: who, what, where, when, how
 - Be clear & concise

The Positive Opposite

Problem Behavior

- Not following directions
- Yelling or cursing
- Arguing with sibling
- Hitting
- Refusing to go to bed
- Demanding things
- Whining / begging
- Blaming others
- Stealing
- Running away

Positive Opposite

- Follow the direction after told
- Use appropriate words
- Solve problems safely
- Keep hands to yourself
- Go to bed on time
- Ask politely
- Wait patiently and ask nicely
- Take ownership for your part
- Ask if you want to use something
- Take a time away in (safe space)

Positive Opposites: How?

- Teach
- Model
- Prompt
- Praising

Creating a Change Ready Environment



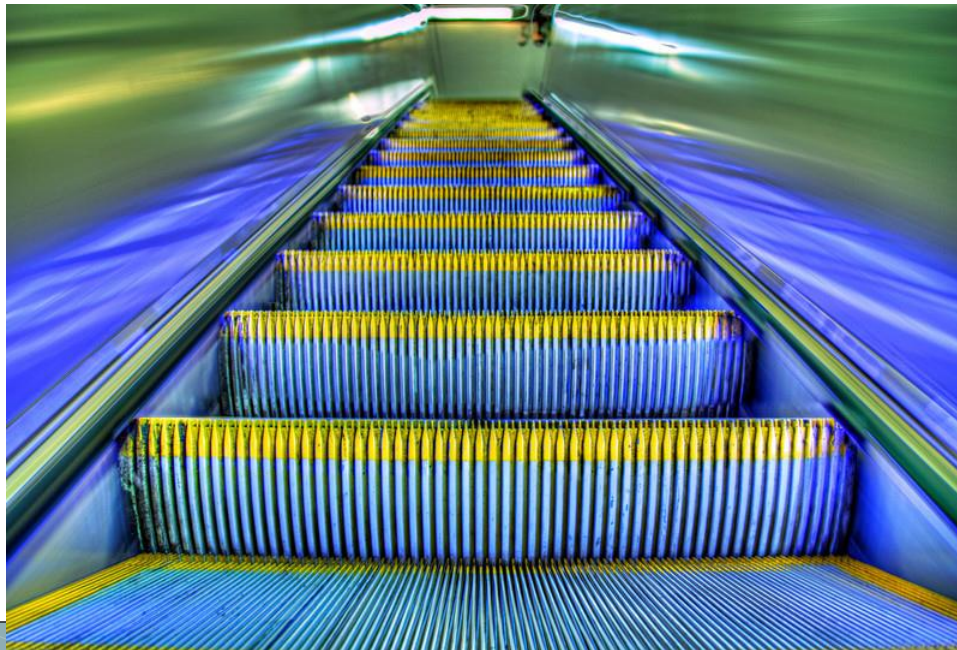


Things to Remember:

1. Respond to your child before negative behaviors escalate
2. Have realistic expectations
3. Cope ahead of time
4. Choose your battles

Respond to Your Child Before Negative Behaviors Escalate

- Be mindful of yourself and your child
- Try to respond before the meltdown



Have Realistic Expectations

- Know your child's capabilities
- Expectations may be different for each child in the same family
- Any progress in the right direction is positive





Cope Ahead of Time

- Foresee future situations which may challenge your child's ability to cope
- Think about strategies you can use to prevent a meltdown
- Discuss with your child skills that can be used to prevent a problematic response
- Knowing your own vulnerabilities

Choose Your Battles

- Think about the end goals and what is important in this situation
- Recognize it is not possible to address all the behaviors at the same time
- Take opportunities to model flexibility



KEY POINTS:

- All behaviors have a function or purpose
- Before changing a behavior, we need to observe and define the problem behavior
- Positive opposite is the behavior you want your child to do & will replace the behavior you DON'T want
- Respond to your child BEFORE negative behaviors escalate
- Have realistic expectations
- Cope ahead of time
- Choose your battles

Break out!

- Identify a situation with your child that you may have to cope ahead for.
- Discuss ways that YOU can cope ahead efficiently.
- What behaviors do you foresee occurring and what would the positive opposite be?



Thank you!

- Please complete our survey to help us improve:
<https://www.surveymonkey.com/r/GCparenttraining>
- Parent support group is February 16th (6:30-7:30pm).
- The next parent training is February 23rd on Behavior Change: A-VCR & Contextual Factors.