TOP 10 BEHAVIOR STRATEGIES

**FIND THE MOTIVATION**
Know what’s reinforcing for your student & use it! Use preference assessments to learn what’s motivating.

**CONTROL THE MOTIVATION**
Stay in control of your reinforcers. Make sure that access to reinforcers is contingent upon what you’re asking for.

**USE VISUALS**
Convey expectations using visual-schedule, first/then boards, token boards, timers, and choice boards.

**PREDICT, PREPARE, PREVENT**
Predict your students’ triggers and prepare in advance by prompting the appropriate response.

**BE CONSISTENT**
Present reasonable demands. Make sure you can follow through. Focus on what you want the child TO DO rather than what not to do.

**REWARD THE GOOD**
Praise often and for everything: waiting, attending, participating, complying. Be specific when you praise.

**HELP GET NEEDS MET**
Prompt students to use appropriate communication to ask for objects, request breaks, or ask for more time.

**BABY STEPS**
Overcoming challenging behavior takes time. Set small goals to ensure success and increase tolerance systematically.

**GIVE CHOICES**
Choices give students control and increases their motivation to participate. Let them choose the order of activities, materials to use, or where to sit.

**DON’T REWARD THE BAD**
Sometimes we accidently “reward” a student because we aren’t aware of the reason for a behavior. Acting out for attention? Reduce attention. Acting out for an item? Don’t give the item.