

## Catch Them Being Good!

*What are behaviors you want to see less of*

- Think of behaviors that are problematic and frequent
- You can also think of specific times of the day such as bedtime

*Select targeted behaviors you want to encourage*

- Think of some positive behaviors you want to encourage in place of the difficult behavior.
- You may need to teach some new behaviors, and you may also be surprised to realize that your child does sometimes use the more appropriate, positive behaviors
- How could you acknowledge and encourage the positive behaviors through positive feedback sometimes called positive, descriptive acknowledgement (PDA)?

*Start “Scanning for Success” rather than “Looking for trouble”*

- Let your child know that you are going to start looking for the desired behavior
- Then watch and “catch them being good” through Positive Feedback!

*Ideas can be found in the handout “Tell Me What To Do Instead!”*

<b>Challenging Behavior</b>	<b>The Behavior You Want</b>	<b>What to Say When You See the Desired Behavior: Positive Feedback</b>
Screaming to get what she wants	Showing you what she wants	<ul style="list-style-type: none"> <li>• Wow! You pointed at the refrigerator. You must want something inside. Let’s go look together.</li> <li>• When you raise your arms up, I know you want me to pick you up. That is helpful.</li> </ul>
Hitting brother when sitting nearby	Using gentle hands and playing together	<ul style="list-style-type: none"> <li>• You and your brother are having fun playing together. You are using gentle hands.</li> <li>• Looks like you two have figured out how to sit together in that space. You are playing with such gentle hands.</li> </ul>