



SST8 Family Newsletter

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10 Easy Strategies to Improve Behavior at Home

If your child is involved in bothersome behaviors, he or she is trying to tell you something. The intent of problematic behavior is to “communicate” a need. These behaviors can continue or get worse because they are working for the child. In other words, the child is getting what he or she wants. Although some children truly have challenging behaviors regardless of what strategies we try, many children just need to have the adults in their lives make changes in the way they react, respond, or interact with them. Just by building a relationship with your child, you can prevent or reduce problem behaviors at home. On the next page are 10 positive behavioral strategies that you can use to manage behaviors:

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(Taken from <http://www.educationandbehavior.com>)



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1. **Verbally acknowledge children's efforts.** Tell your child specifically what he/she did that makes you proud. For example, you can say "You were so focused on your math homework tonight! Keep up the good work!" When children get praised for doing the right thing, they want to do more of it.
2. **Use positive body language to show approval for positive behavior.** Positive body language can include a smile, thumbs up, high-five or a fist bump. If your child does not like to be touched, choose body language that does not include touching.
3. **Use humor with your child.** Making jokes or listening to jokes is a fun way to include humor in your home.
4. **Show your children that you are happy to see them.** You can happily greet them at the door or ask about their day.
5. **Remind your children that they should be proud of themselves.** Saying things like, "You worked so hard studying, you received an A on the test. You should be proud that your hard work paid off."
6. **Take an interest in your child's interests.** Do activities with your children that involve something they are interested in, even if it may not be your favorite activity. Let them choose topics of interest for certain activities.
7. **Acknowledge your child's feelings with empathy.** Sometimes we forget how difficult it was being a child, or especially an adolescent. Use empathetic statements like, "I understand that this assignment is frustrating for you" or "I understand that you are nervous, that's common when trying something new." Also, let them know that you are there to help in any way you can.
8. **Be open minded and don't pass judgment on your children if their thoughts, values, feelings, or ideas don't match yours.** They need to feel like they can be open and be themselves around the adults in their lives. When children feel like they won't be judged or made wrong, they are more likely to talk to us when there is a real problem.
9. **Be a role model for good behavior.** Your children always observe what you do. If you want your child to treat others with respect, you do the same. If you want your child to be an honest person, set an example of honesty for them.
10. **Follow through on your promises and rules and stay away from empty threats.** The easiest way to increase problem behavior is to not fulfill a promise or bargain. If your children have faith in what you say, and know the boundaries you have set for them, they will feel a sense of security and trust which leads to confidence in themselves and respect for you.



Summit County Transition Expo 2017 is this Saturday!

When:

November 4, 2017

Time:

9:00 am-2:00 pm

Where:

**Ohio Means Jobs
1040 E. Tallmadge Ave.
Akron, OH 44310**

Who:

**Parents, Professionals and
Students on IEP's and
504's.**

Visit:

SummitCountyTransitionExpo.com



Help Me Grow is a voluntary family support program for pregnant women and new parents. Offered for every county in the state through a well-established network. Help Me Grow is an evidence-based program that promotes healthy growth and development for babies and young children. Our home visitors are well-trained professionals who use a non-judgmental and compassionate approach that empowers parents with skills, tools, and confidence to nurture the healthy growth of their children.

Help Me Grow believe that all young children deserve the same opportunities to realize their full potential in life, regardless of economic, geographic, and demographic considerations. The parenting education and child development resources provided to families allows them to maximize this critical period of development in their child's life, providing a foundation for lasting success.

When a parent schedules a home visit with Help Me Grow, they will have the opportunity to share their thoughts about parenting, ask questions, and receive reliable information based on their individual family needs or topics of interest. Topics may include, but are not limited to:

Healthy Pregnancies, Baby and Child Health, Breastfeeding, Nutrition, Immunizations, Child Growth and Development, Discipline, Toilet Training, Child Safety, Household Safety, and Local Resources.

There is a Help Me Grow Office in each County:

Medina - Medina Co. Bd. Of DD, 4691 Windfall Road, Medina, OH 44256 330 725-7751

Portage - 705 Oakwood Street, Suite 104, Ravenna, OH 44266 330 298-4545

Summit - Summit Co. General Health Dept., 1867 West Market St., Akron, OH 44313 330 376-7273

Columbus - 246 N. High Street, 5th Floor, Columbus, OH 43215 800-755-Grow

www.helpmegrow.ohio.gov

Join us for the **November 15 Field Trip at Weaver Industries**. The mission of Weaver Industries is to maximize the independence and personal fulfillment of individuals with disabilities through vocational training and employment opportunities. Speaker will be **Denise Balko** from **Weaver Industries**. The Field Trip will include two locations starting at 10:15 in the parking lot of Weaver Industries ProPak, 1129 Marc Drive, Cuyahoga Falls, OH 44223.

If you would like to attend this field trip, please contact Alice Doyle at 330 929-6634 extension 511232 or email her at aliced@sst8.org.

Any questions? Contact Marianne Lesko at 330 929-6634 extension 513927 or email her at PAC@sst8.org.

RSVP by November 10th for the PAC Field Trip!

Contact Us

Give us a call for more information.

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