



## Behavior Basics

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# Transforming Children's Lives



The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to [deliver the highest standards of care](#), [advance the science of the developing brain](#) and empower parents, professionals and policymakers to [support children when and where they need it most](#).

# Outline of Our Time

- Understand the impact the coronavirus is having on ourselves and our children
- Learn practical skills for effective behavior management
- Learn strategies to reduce your child's anxiety and manage your own expectations during this crisis
- Identify informal & formal ways to get help



# Accepting our “New Normal” During the COVID Crisis



- Understanding that uncertainty is stressful
  - This is an invisible threat and anxiety is expected
  - There will be good days and “not so good” days
- A range of feelings & reactions are “normal”
- It’s okay to have all of these feelings (kids & adults)

# Typical Responses to a Stressful Situation

- We all respond to stress in a different way, children may respond to stress in the following:
  - Excessive crying or irritation in younger children
  - Regressive behaviors, such as toileting accidents
  - Clinginess or separation anxiety; need for extra attention
  - Unhealthy eating or sleeping habits
  - Poor school performance or acting out
  - Difficulty with attention and concentration
  - Irritability and disruptive behaviors
  - Excessive worry or sadness
  - Unexplained aches and pains
  - Excessive fatigue

# Understanding the New Challenges

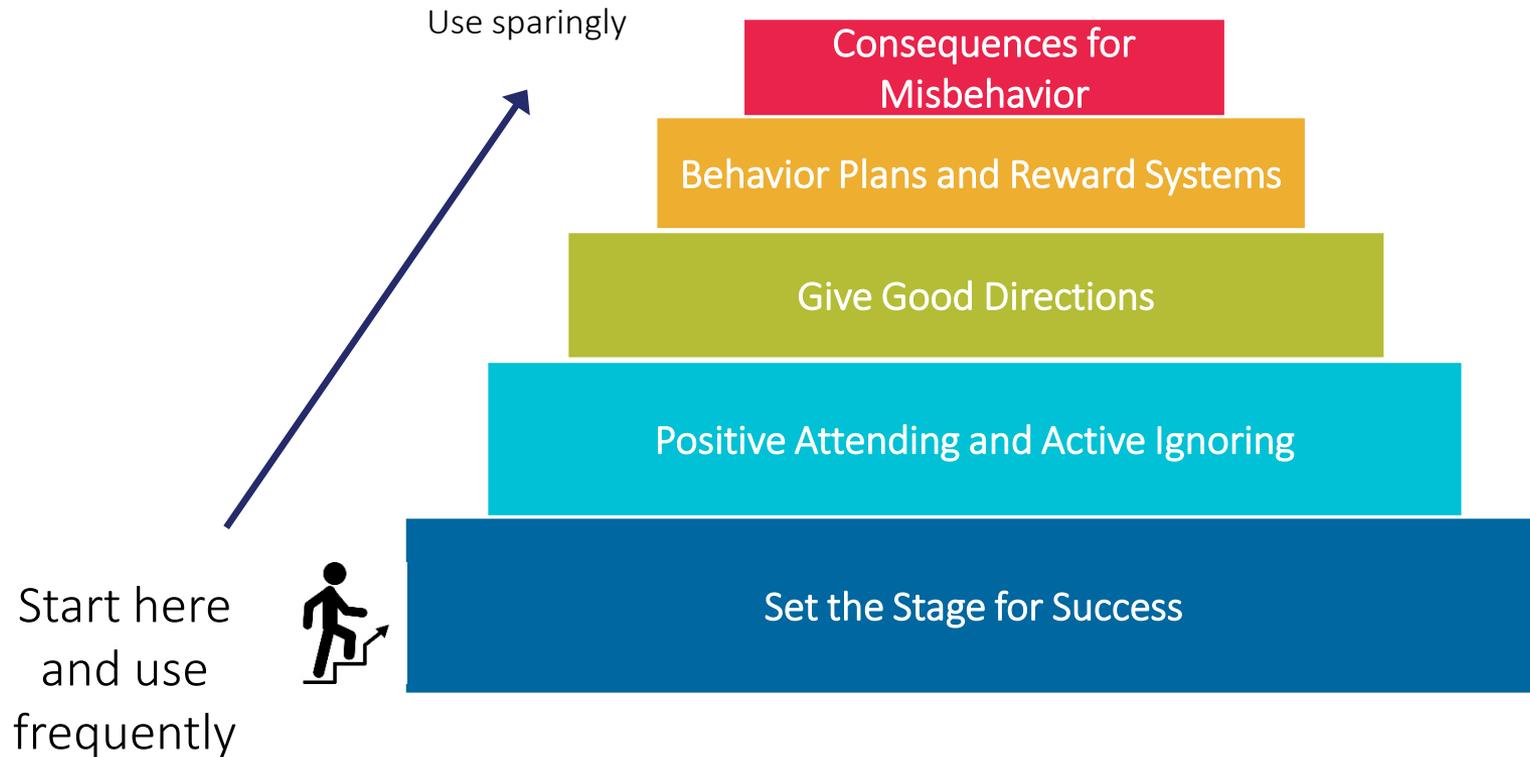
- Managing stress & expectations
- Balancing work & non work time
- Balancing the needs of child(ren) at different ages and stages of development/need
- E-Learning and unstructured time
- Practicing being flexible
- Self care- it's not a “spa day”
- Coping ahead

# Why Do We Review Behavior Basics Now?



- Caregiver may have less patience or bandwidth to set limits
- Kids have less patience and bandwidth
- All doing the best we can

# Hierarchy of Behavioral Techniques





# Model Positive Behaviors

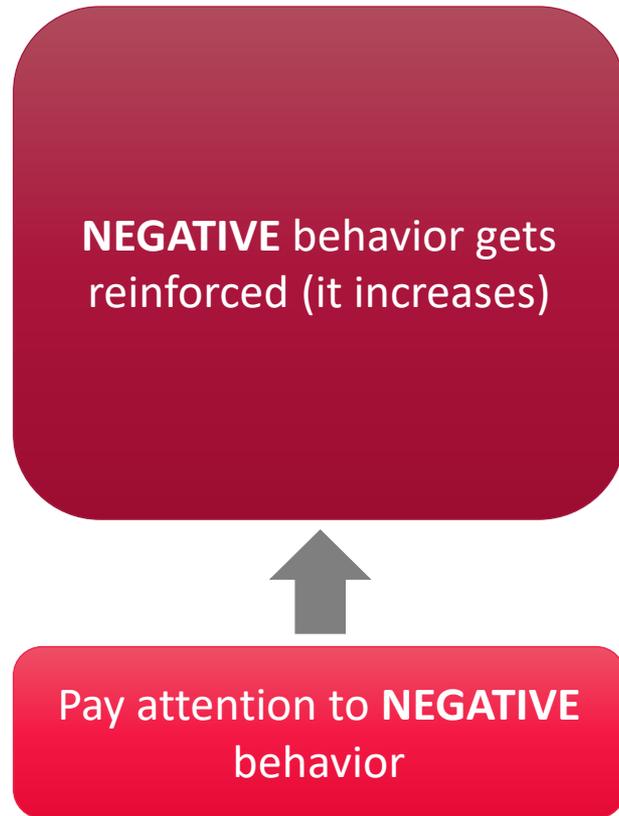
- Now more than ever we must teach, and model use of adaptive coping skills
- If appropriate, talk aloud when you are having a stressful day to show how you solve problems and handle strong emotions
- Help your child identify and manage emotions— at the right time!
  - Strike when the iron is cold



# What is the first thing you notice?



# The Power of Your Attention



# The Power of Your Attention

*Become a detective for positive behavior!*



**NEGATIVE** behavior reduces



**IGNORE** negative behavior

Positive behavior  
**STRENGTHENS**



Pay attention to **POSITIVE** behavior

# Attending to Positive Behaviors with Praise

Problem Behavior	Positive Opposite Behavior	Labeled Praise
Not Listening	Listening	“Great listening so quickly!”
Yelling When Told “No”	Accepting Being Told “No” Calmly	“Thank you for staying calm when I told you no.”
Screaming	Using an Indoor Voice	“I like the calm, indoor voice you are using right now.”

# How to Make Praise Most Effective

- Understand WHY we use it → reinforce behavior
- Be specific
- Give praise right after the behavior
- Use at a high dose (3:1 ratio)
- Focus on behaviors you want to **increase**
- Can pair with other rewards



# Withdrawal of Attention (aka Active Ignoring)

- Only for minor misbehaviors (that are reinforced by attention)
  - Whining
  - Arguing
  - Tantrums
  - Interrupting
  - Purposefully annoying
- Involves waiting for good behavior
- Is **NOT** tolerating misbehavior
- **MUST** be combined with positive attention when appropriate behavior resumes
- **WARNING:** Might see temporary increase in negative behavior

## How to Give Effective Instructions



**Be clear and straightforward.** “Please make your bed,” not, “Can you make your bed?”

**Be age-appropriate.** Stick to words they know and things they can do.

**Give instructions one at a time.** A series is harder to remember.

**Avoid “no,” “stop” and “don’t.”** Say what you *want* them to do.

**Wait for follow-through.** Catch it with praise.

**Keep your cool.** It models appropriate behavior and prevents yelling.

## Tips for Handling Misbehavior



**Remain calm.** Remember that attention can feed a negative behavior.

**Use punishments sparingly.** Reserve for major misbehavior.

**Follow a predictable sequence.** Direction-warning-punishment.

**Follow through.** Punish specific negative behaviors consistently and immediately.

**Stick to effective punishments.** These include reprimands, time-out or temporary and incremental removal of privileges.

**Avoid punishment traps.** These include empty threats and negotiation.

# Where Can I Find Good Samples of Behavior Charts?



Pointing Kids in the Right Direction

Printable Charts   Chore Charts   Behavior Tools   Articles   Activities   Science Activities

## Printable Charts

- Behavior Charts
- Chore Charts
- Daily Routine Charts
- Exercise Charts
- Goal Charts
- Homework Charts
- Music Practice Charts
- Pet Care Charts
- Potty Training Charts
- Toddler Charts
- Reading Charts
- Reward Charts
- Star Charts
- Sticker Charts

## Articles

- Preschool/Kindergarten
- Elementary Schoolers
- Tweens & Teens

## Welcome to Kid Pointz

The free parenting and child behavior resource center.

### Reward Charts, Family Scheduling & Morning Routines

Whether it's Reward Charts, Family Scheduling or just getting your child going with a morning routine, our free printable charts can help. From sibling rivalry and classroom behavior to motivating kids to do chores and homework, Kid Pointz offers parenting tips and resources that can help. Our comprehensive library of parenting articles and videos provide valuable information on popular child behavior topics such as shyness, bullies, ADHD and even potty training. Kid Pointz also offers free family activities and behavior tools that can assist with a variety of behavior problems and provide you with easy to implement parenting tips. Get feedback from child behavior experts and from parents on how to fit positive parenting into your daily life.

If you're looking for a reward system or incentive program to motivate your kids then our online points and rewards application is the perfect answer.

[View Our Most Popular Charts](#)

[View Our Most Popular Articles](#)

- [Goal Chart](#) - This New Year, you can help your kids set a realistic goal and then track it each day with this fun and handy chart! They'll love being able to see their progress throughout the month!

# How to Reduce Children's Anxiety

- Kids feel better when they are kept in the loop, but keep it simple
  - Help children understand what is happening and keep the dialogue open
- Validate their feelings and provide answers to their questions
- Find a calm, undistracted time to help children understand their feelings and respond to disruptive behavior in a calm way
- Minimize media exposure
- Be a positive role model

# Defining & Leaning on Your Village

- Social support is crucial and more than ever
  - In times of stress, even the perception of support helps
- Who is in my village (family, extended family, friends, community resources, school, neighbors, social media parent groups)
- Accept help
- Give back



# Prioritizing Self-Care

- During this time, everyone's stress is running high. We need to prioritize self-care now more than ever before:
  - Intentionally create time for yourself
  - Be thoughtful of how you're treating yourself and your body
  - Reconnect with activities that you once loved
  - Limit consumption of news
  - Be realistic with your expectations
  - Drink water
  - Accept help



# Key Takeaways

- This crisis is changing the way we're going about our daily lives
  - We are forced to adjust to find our new normal
- Remember to have open conversations, keep your kids in the loop
- Kids need routine and structure, empathy and clear behavioral expectations now more than ever before
- Focus on reinforcing positive behaviors with labeled praise
- Prioritizing your own self-care will allow you to be there for the ones you love



# Resources

The Child Mind Institute

[Childmind.org/coronavirus](https://childmind.org/coronavirus)

CONFIDENTIAL and FREE parent  
helpline -

646 880-6820

[HH.helpline@childmind.org](mailto:HH.helpline@childmind.org)

Speak to a clinician

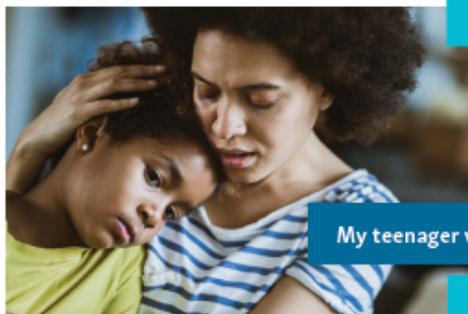
Call more than once

## Free Parent Helpline

If you have concerns about your children, please call 646-880-6820.

During this emergency, we know that all of you on the front lines are facing unprecedented stress and uncertainty, as are your families. In response, the Child Mind Institute and NYC Health + Hospitals have joined forces to bring all employees support from expert mental health clinicians.

To support you during this difficult time, the Child Mind Institute is offering **free phone consultations** with our experts in children's mental health. Parenting is more challenging than ever, and we are here to help you with the questions and concerns that are coming up.



My son is falling behind in remote schooling

My 5-year-old is throwing tantrums

My child seems depressed

My teenager won't come out of his room

My daughter is so anxious she can't sleep

Phone calls are completely confidential and typically 20-30 minutes. We will provide you with practical, evidence-based strategies for dealing with the difficulties you're facing and make a referral if additional clinical support is necessary. You are welcome to call back as many times as you need.

If you have concerns about your children, please call 646-880-6820 or email [HH.Helpline@childmind.org](mailto:HH.Helpline@childmind.org) or [HH.Lineadeayuda@childmind.org](mailto:HH.Lineadeayuda@childmind.org).

The helpline will be available to all employees Monday through Friday, 8am to 8pm, with flexibility to accommodate work schedules as needed. You are welcome to call back if you have additional concerns. Services are available in Spanish and English. The helpline will be available through August 15, 2020.



THANK YOU  
FOR  
your  
ATTENTION !  
ANY QUESTIONS ?



CHILD MIND<sup>®</sup>  
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[childmind.org](http://childmind.org)