

Tips to Manage Behavior at Home



- **Set Realistic Expectations for You and Your Child**

Some expectations have shifted, like getting ready for school by a certain time. Your child should still participate in self-care and chore tasks that they could do by themselves before they started learning from home.

- **Be Clear in Your Expectations**

Being clear with what you are asking from your child is important. Keep the directions simple and short. Example: Put your shoes away. Not: Put your shoes away, mommy would really like that, it would be so helpful if you do that for me.

- **Model Appropriate Behavior for Your Child**

Your child is watching your behavior. If you want your child to stop yelling, it is important that you are not yelling. If you want your child to have a calm demeanor, it is important that your demeanor is calm. You can also model when it is time to take a break, have a snack, and exercise. Model sharing of electronics and cleaning up.

- **Less is More**

Stop talking, wait and listen. Give your child a chance to process the situation.

- **Set up a Home Schedule**

You hear this so often. What is most important is that the schedule works for your family. Communicate with the appropriate people (teachers, guidance counselors, and boss) to let them know what will work best for you and your family. Then include all family members in creating a weekly schedule that is as detailed as you can make it. It might include work and play, clean up, outside time, and meal times. Give everyone a job to do every day to keep your home “community” humming.

- **Establish Simple Home Rules for the Entire Family**

This will help your child understand what is expected from them in a simple way. It is important that the entire family is on the same page. Make your rules “dos” instead of “don’ts”. Example: “friendly hands” instead of “no hitting”.

- **Reinforce Positive Behavior**

Be specific. Get excited about the behavior that works for your family, like following directions, being quiet while parents are on a work call, and setting out school supplies independently. When you target and recognize what works, you might see less of behavior that doesn’t work.

- **Stay Consistent**

Choose demands wisely, be very patient and help your child navigate this new situation. Be patient with yourself and your child. Children with a developmental disorder or processing difficulty need a different approach to managing their behavior.

