BEHAVIOR CHECKLIST
YOUR WORDS MATTER

WHAT YOU FOCUS ON YOU GET MORE OF

Sometimes ignoring unwanted behaviors works wonders. TIP: Remember to identify feelings

REDIRECT

Ignore and redirect can be a very powerful tool to help move an unwanted action or behavior to something acceptable.

TIP: always have a redirection activity/toy ready

NOT A CHOICE? TELL DON'T ASK

Giving commands tells the child exactly what you want them to do.
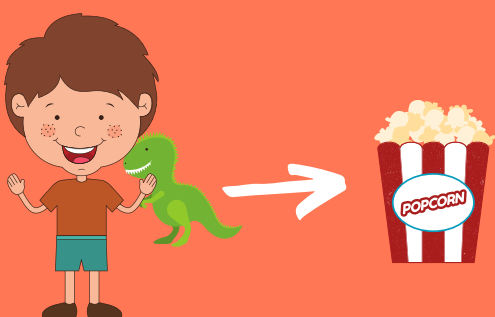
TIP: Instead of "do you want to clean-up?" use "clean-up".

DON'T SAY DON'T

Tell the child what you want them to do instead of using don't.

TIP: If the child is playing with the door instead of "don't play with the door" say "close the door"

WHEN - THEN

When-then has an expectation that a child will do it. If-then is a threat.

TIP: When you pick-up your toys then you get a snack