

# Practical Tools for Parents

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# This Presentation is for You!

1. Use the chat to discuss your hopes for today's training
2. Use the chat throughout the presentation to ask any questions you may have

# Behavior is Communication



<https://www.youtube.com/watch?v=eilTVhHivaA>

Building a routine with  
consistency and positive  
support

# Create Predictable Routines

- Homework routine
- Chore routine
- Morning routine
- Bedtime routine
- Have meals together
- Use visuals









## My Responsibility List

MORNING ROUTINE	LEARNING TIME
<input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Pick up floor <input type="checkbox"/> Put dirty laundry away <input type="checkbox"/> Comb or brush hair <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Brush teeth	<input type="checkbox"/> Three hour work period <input type="checkbox"/> Read aloud at lunch <input type="checkbox"/> 60 minutes reading and writing <input type="checkbox"/> 30 minutes of exercise <input type="checkbox"/> 30 minutes of current events

DAILY CHORES	BEDTIME ROUTINE
<input type="checkbox"/> Chore 1 <input type="checkbox"/> Chore 2 <input type="checkbox"/> Chore 3 <input type="checkbox"/> Chore 4	<input type="checkbox"/> Bath or shower <input type="checkbox"/> Put pajamas on <input type="checkbox"/> Put dirty laundry away <input type="checkbox"/> Comb or brush hair <input type="checkbox"/> Eat dinner <input type="checkbox"/> Brush teeth

WEEKLY CHORES	
<input type="checkbox"/> Wash, fold, and take care of laundry <input type="checkbox"/> Clear off table in bedroom <input type="checkbox"/> Prepare for FHE <input type="checkbox"/> Prepare and serve one dinner	<input type="checkbox"/> Outdoor chore <input type="checkbox"/> Kitchen chore <input type="checkbox"/> Living room chore <input type="checkbox"/> Bathroom chore <input type="checkbox"/> Bedroom chore

## MORNING ROUTINE

	<b>Eat breakfast</b>
	<b>Brush teeth</b>
	<b>Get dressed</b>
	<b>Socks on</b>
	<b>PJs under pillow</b>
	<b>Make bed</b>
	<b>Tidy bedroom</b>
	<b>Pack school bag</b>

# Plan for Time Together

- Dedicate time to be one on one
- Make time for play
- Prioritize having fun





# Positive Parenting Strategies

- Modeling expected behavior
- Praising expected behavior (catch them being good)
- Acknowledge what your child is doing (Sportscasting)
- Set limits and consequences



# Communication

- Make time to listen
- Actively listen
- Ask open ended questions
- Find times to talk and encourage communication





# Behavior Management Strategies

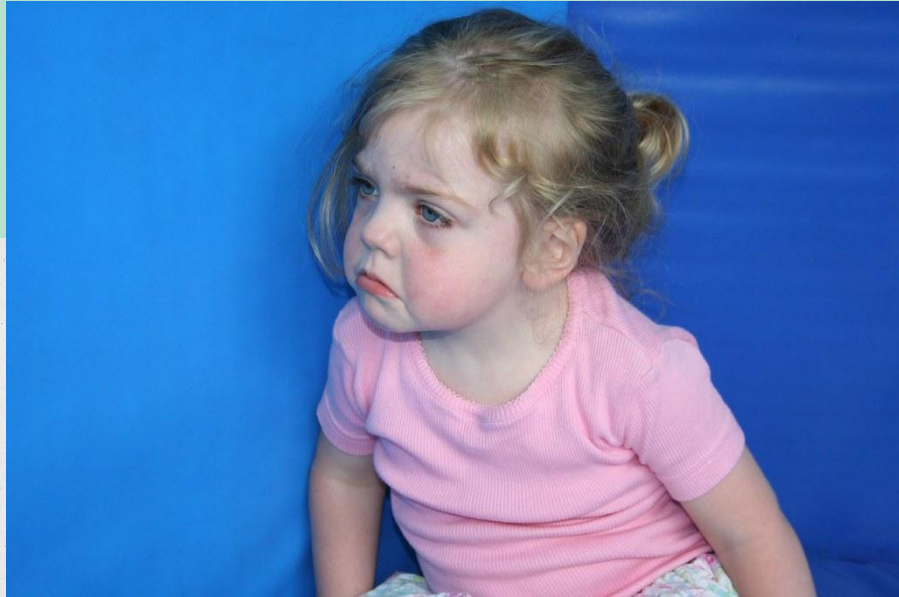
# Behavior is Communication

- Is there a skill deficit?
- What communication skills does the child have?
- Functions of behavior
  - Escape
  - Attention
  - Tangible
  - Sensory
- It is common to have more than one function
- Functions can vary by environment



# Responding to Challenging Behavior

- Remain calm
- Remain neutral
- Be consistent
- Follow through
- Ask for help



# Set Developmentally Appropriate Expectations

- Is this something that your child can do?
- Is this something that your child cannot do?
- State the expectation clearly and concisely





# Provide Choices

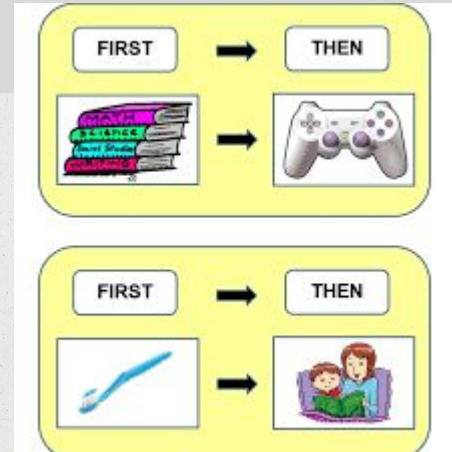
- You are in control of the choices
- Give two choices
- Provide wait time
- Helps you get the outcome that you want
- Helps provide the child with a sense of control





# First Then Language

- Children respond better when we use positive phrasing
- Parents and caregivers are likely to have a better outcome with first then language
- Helps to simplify the information given
- Allows for advanced notice



# Supporting Emotional Regulation in Your Home

# All Feelings Are OKAY

- How you respond can be okay or not okay
- Acknowledge emotions
- Label emotions
- Validate emotions (be mindful of too much)
- Meet the emotional need



# The Zones of Regulation

## The **ZONES** of Regulation™

			
<b>BLUE ZONE</b>  Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b>  Happy Calm Feeling Okay Focused Relaxed	<b>YELLOW ZONE</b>  Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b>  Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

# How does my body feel? What are my feelings?

How do your emotions <b>FEEL</b> in your body?			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
<b>My body feels:</b> <ul style="list-style-type: none"><li>• Shaky, slow</li><li>• Low energy</li><li>• Low/no motivation</li><li>• Brain fog</li></ul>	<b>Feeling...</b> <ul style="list-style-type: none"><li>• Relaxed</li><li>• Motivated</li><li>• Energized</li><li>• Focused</li><li>• Smiling</li></ul>	<b>My body feels:</b> <ul style="list-style-type: none"><li>• Muscles a little tense</li><li>• Jaw clenched</li><li>• Voice louder</li><li>• Restless</li><li>• Fidgety</li></ul>	<b>My body feels:</b> <ul style="list-style-type: none"><li>• Very tense</li><li>• Jaw firmly clenched</li><li>• Breathing quickly</li><li>• Heart beating fast</li><li>• Can't think clearly</li><li>• Face feels hot</li><li>• Very restless</li></ul>



# Supporting Resources

- The American Academy of Pediatrics
  - <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-mental-and-emotional-development-in-children-key-building-blocks.aspx>
  - [https://www.healthychildren.org/English/ages-stages/toddler/Pages/Aggressive-Behavior.aspx?\\_gl=1\\*1cmfdaj\\*\\_ga\\*NjcxMzkwODM4LjE3Mjk2MTU5MTQ.\\*\\_ga\\_FD9D3XZVQQ\\*MTczMTU5OTk1MC40LjEuMTczMTU5OTk1OS4wLjAuMA..](https://www.healthychildren.org/English/ages-stages/toddler/Pages/Aggressive-Behavior.aspx?_gl=1*1cmfdaj*_ga*NjcxMzkwODM4LjE3Mjk2MTU5MTQ.*_ga_FD9D3XZVQQ*MTczMTU5OTk1MC40LjEuMTczMTU5OTk1OS4wLjAuMA..)
- The Zones of Regulation
  - [https://zonesofregulation.com/wp-content/uploads/2023/03/english\\_reproducible\\_e\\_2021.pdf](https://zonesofregulation.com/wp-content/uploads/2023/03/english_reproducible_e_2021.pdf)