

# Understanding Behavior Basics At Home

Once upon a time, in a world where parents suddenly become the teachers...

My kid talks so much in "school"

Is it recess yet?



They teach math like WHAT now?

SOS

Lets start with the basics so you become a PRO  
at Behavior!



# What do we mean by “Behavior”?

- Behavior is an action that is observable and measurable
- It is a form of communication to either to gain something, or avoid something
- Behavior can be what we *hear, see, speak, or write*
- Behavior is learned, meaning it is gained knowledge through through experience

# Behavior IS Communication

Ever felt like some challenging behavior comes ‘out of the blue’? All of that ‘behavior’ is a form of communication!

That happens when someone cannot get their wants or needs met in an appropriate way.

When it’s difficult to convey such emotions or needs, verbal communication may change it’s form to actions instead of words, and may or may not be in clear ways.

It’s important to find out what your child needs in the way they are trying to communicate it.

This can be determined through identifying the...

**FUNCTIONS OF BEHAVIOR!**

# Functions of Behavior

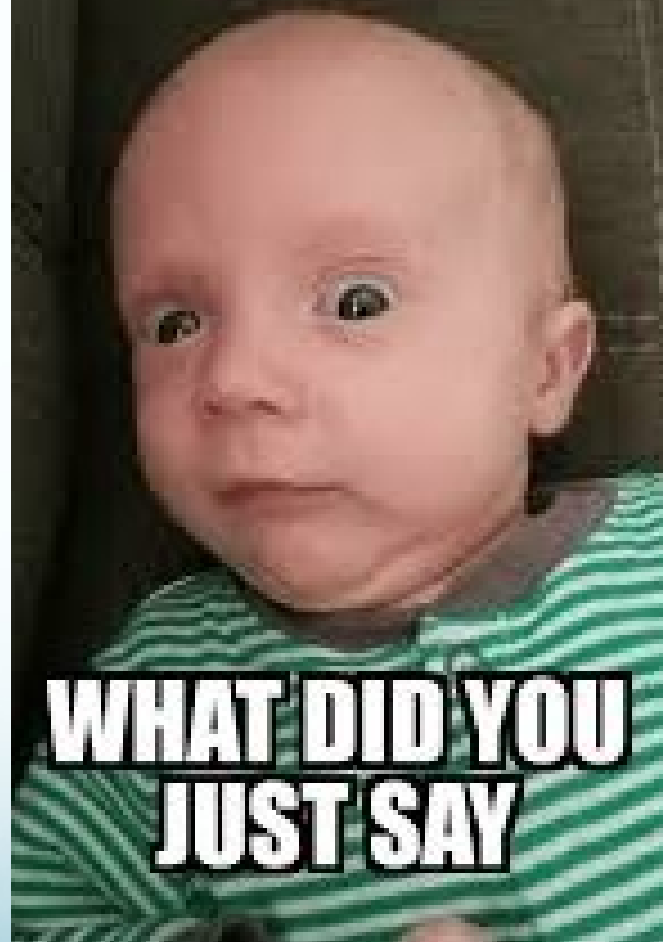
It is necessary to find the **function of behavior** for many reasons:

- To determine the motivating objective for the behavior
- To identify prevention measures
- To create an individualized plan for the specific behavior
- To stop giving your kid a cookie when they cry

There are **four** functions of behavior

- Attention
- Access to Tangibles
- Automatic
- Escape/Avoid

**I'M SORRY BUT**



**WHAT DID YOU  
JUST SAY**

# Attention

*(behavior functions)*

**When an individual behaves in a way to get the focused attention from another person**

## **Examples:**

- Mary wants her mom's attention. Mary cries and screams until her mom focuses on her. Her mom focuses on Mary so she stops screaming. Mary learns crying and screaming gains attention from her mom and keeps crying more in the future to get attention
- Sam makes loud noises and goofs around at home when his Dad is on a work video call. Sam dances in the background behind his dad to be funny. His Dad's colleague's laugh at Sam and give him attention. Sam learns that by doing this, he will get attention from his Dad and work partners.



# Access To Things/Activities

*(behavior functions)*

**When an individual behaves in a certain way to gain a preferred item or fun activity**

## **Examples:**

- Sarah is in a toy store with her mom. She is asking for a new Barbie. Her mom says no. Sarah screams loudly, shouting to get her Barbie. Sarah's mom says ok, so she would stop screaming. Sarah learns screaming will get her a new toy.
- Carol wants Mac & Cheese for dinner. Carol's mom made broccoli casserole instead. Carol screams and throws her broccoli casserole on the floor. Carol's mom makes her Mac & Cheese so Carol is happy. Carol learns by screaming and throwing food, she gets what she wants for dinner.



# Automatic

*(behavior functions)*

**An individual behaves in certain way because it feels good to them. Could also be classified as ‘sensory’ behaviors.**

## **Examples:**

- Your child has a mosquito bite. By scratching the mosquito bite, it relieves the itchiness. You tell them to stop scratching, but it feels good to them to scratch it.
- It's a hot summer day. You dive into your pool to cool down. Every time you're hot in the summer, you dive into your pool because you know it cools down your body.

# Escape/Avoid *(behavior functions)*

**An individual behaves in a way to get out of or avoid something they do not want to do**

## **Examples:**

- Johnny hates science projects. His teacher assigned a project to do at home. Johnny has a tantrum every time his mom tells him it's time to start his science project. Instead of getting started, Johnny has to go to his room to calm down. Johnny learns by having a tantrum he can avoid doing his science project.
- Your daughter got invited to a birthday party. You don't like to hangout with the parents that will be there. You suddenly think of an excuse not to go to the party, and tell your daughter your family is busy that day. You learn by telling a white lie, you can avoid situations you don't want to do.

If you would like to read more about **Functions of Behavior** in **ALL** your spare time, here are some good resources available!

<https://www.behaviorbabe.com/functions-of-behavior>

(Functions of Behavior- Behaviorbabe)

<https://bsci21.org/the-four-functions-of-behavior-made-simple/>

(Functions of Behavior Made Simple)

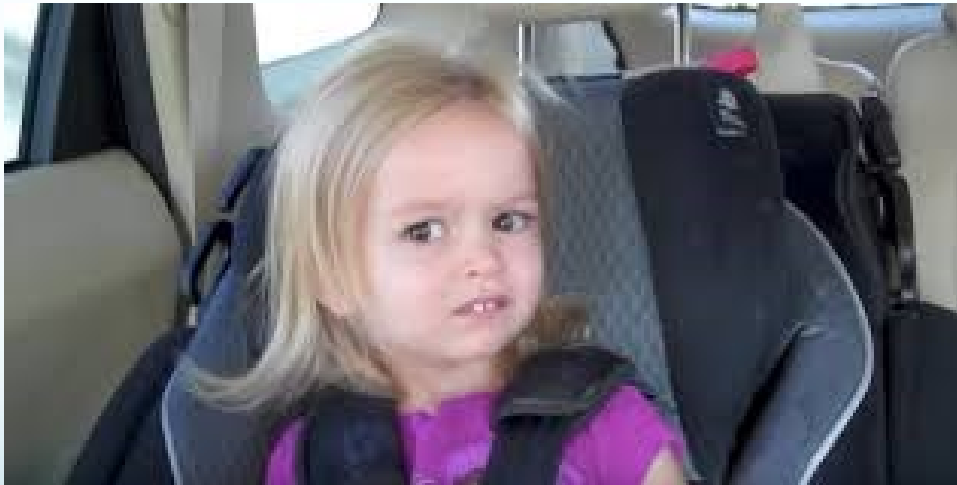
How do I watch The Bachelor in peace without my kid screaming that they want something



We can teach them...

# REPLACEMENT BEHAVIORS!!!

Wait...



...what's that?!

# Replacement Behavior

A **Replacement Behavior** is an appropriate behavior that can be taught so it still meets the same need as the problem behavior does

## Examples:

- Johnny who has a tantrum when it's time to do his science project, can learn how to “ask for help” or ask his mom if he can do it later, when he's more prepared for it.
- Instead of Mary screaming at her mom for attention, Mary's mom may provide more attention and positive praise at more times to avoid the lack of attention.



# Replacement Behavior

It's important to note some replacement behaviors are not forever

## For example:

- When Johnny has learned to consistently communicate needs *instead* of having a tantrum, you can begin to require small demands be met before honoring the request
- E.g., “I really appreciate you letting me know you’re not ready. Let’s get the materials out and then you can have a few minutes before getting started”

**After your child is rewarded with their needs met, behaviors will reduce in small areas and show success!**



## SCHOOL'S OUT(?!)!

Your kids are now home **all day** with all this work to do!

Wait, is there problem behavior? No problem. We can help!

# Challenging Behavior At Home

There's a lot for your child to have behavior's over at home right now. *Keep calm* and... **we've got a plan!**

- 1. Develop a School Daily Plan**
- 2. Identify Rewards and Set Deals**
- 3. Set Limits and Access to Preferred Activities**
- 4. Follow Through on What You Ask**

# Develop A Schedule

In order to maintain motivation and know what needs to get done in the day, develop a schedule for your child.

Show when *recess*, *lunch*, *break times*, and *school work* should be done.

This will help probe your child what's to come next, and they can choose to switch around their schedule if they use a **replacement behavior** to do so!

# Rewards and Set Deal

1. Find a motivator for your child (TV, ipad, candy, hugs... etc.).
2. Use language such as “**First** we’re doing math, **then** you can have 5 minutes of ipad!”
3. Set the deal of what they are working for **BEFORE** the task.
4. Re-set the deal **AFTER** they earned their reward.

If your child is having trouble with motivation, here’s a more thorough guideline →

[https://docs.google.com/presentation/d/1SbP9cF5Vg26J5GNQu2SHf43fxRnNTmN\\_SfRdixy5YUk/edit - slide=id.p](https://docs.google.com/presentation/d/1SbP9cF5Vg26J5GNQu2SHf43fxRnNTmN_SfRdixy5YUk/edit - slide=id.p)

# Set Limits

Remember to give your child limits on preferred items while at home! This will help reduce challenging behaviors and have **MORE** motivation when their preferred items are limited.

1. Limit TV/Screen Time to rewards and 'after school hours'
2. Make a fun break time throughout your schedule for your kids. Make this a "body break", show a *GoNoodle*, *YouTube exercise video*, or *play outside!*



I can do this!!!

# Following Through

I know it's hard to **ALWAYS** reward your child when they complete a task

Set deals for tasks that are **attainable** and can be **consistent**

*(Don't make promises if you know you can't buy that Amazon Doll for Karen right now!)*

However... **stay consistent** with your rewards and deals... the pay off will be worth the time and effort!

# What to expect with behavior

Remember... if it's *not perfect*, you're doing the best you can! (With our recommendations of course 😊)

You might see a slight peak in behaviors before you can see change! **This is normal.** Remember to...

1. Stay calm and neutral
2. Stay consistent and continue to follow through with tasks and rewards
3. The more you utilize these tools, challenging behavior will reduce and wanted behavior will begin!



# At Home Resources

Check out [www.Buckeyeusd.org](http://www.Buckeyeusd.org) in the “Mental Health/Behavior Resources” Section under ‘District Services’. There are lots of tools for extra support!

Some we recommend with handling behaviors at home are...

- <https://docs.google.com/document/d/1nGLfKSQBgbY9AtvwaTChSbqHlvOq1v1QtyX78UEsY7k/edit>

(Troubleshooting Behavior Challenges At Home)

- <https://copingskillsforkids.com/calming-anxiety>

(Calming Anxiety For Your Kids)

Thank you parents for all that you're doing!

-The Buckeye Behavior Team