

## Unwanted Behavior

Before attempting to change a behavior, be sure to clearly define it. Identify specific actions, not broad ideas. (Yelling instead of “being bad”).

*Describe one of your child’s behaviors you would like to change.*




## Consequences

Consistent use of consequences like timeouts and privilege, helps eliminate unwanted behavior. Always communicate with your child so they understand why the behavior was inappropriate.

*List 3 consequences you can use to discourage your child’s unwanted behavior.*

1)
2)
3)

## Replacement Behaviors

Teach your child the behaviors to replace the unwanted behavior. E.v. “Take 5 deep breaths” could replace “punching others” when angry.

*List 3 replacement behaviors you want to see in your child.*

1)
2)
3)



## Rewards

Rewarding good behavior is more effective than consequences for unwanted behavior. Rewards can be a smile, kind words, a hug or other forms of positive attention. Use every day!

*List 3 rewards that you can use to encourage your child’s replacement behavior.*

1)
2)
3)