PLAN FOR PROMOTING POSITIVE BEHAVIOR DURING COVID

1. Identify your family’s individual needs
   a. Watch, listen, and put yourself in their shoes
   b. Consider important skills to target
   c. Log behavior
   d. Look at what has worked in the past
   e. Keep goals/targets small and simple

2. Implement strategies that fit
   a. Define new expectations
   b. Schedule the day
   c. Build in quiet time and teach coping skills
   d. Change things up, to break up patterns/boredom
   e. Break big skills/strategies down into steps
   f. Reinforce helpful behaviors
   g. Develop a plan for problem behaviors (crisis plan)
      i. Ask for help as needed

3. Acknowledge your skills and consider sharing your knowledge and experience with other families