

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