Teaching Parents How to Deal With Behavior Problems

School –Home Transfer: This page is designed to give parents examples of positive behavior techniques that are commonly used in classrooms that can be carried over into the home. These techniques are designed to help with a child’s behavior problems.

* Child Behavior Help (website resource)
* Changing Challenging Behavior
* Three main steps teachers use to determine causes of behavior
* Techniques for Changing Challenging Behavior
* Individualized Incentives Steps
* Positive Behavior Supports
* Strategies Aligned With PBS That Can Be Used At Home
* Stop, Relax, and Think –Problem Solving Strategy
* Use Positive Words
* “Behavior Change is a Family Affair”
* A Dozen Prevention Tips for Parents….to promote healthy lifestyles and prevent risky behaviors.
* Parents as Nurtures
* Parents as Advocates
* Parents as Teachers
* Parents as Policy-Makers
* Additional Resources
* Parenting Advice: Solving child Behavior Problems at Home and School.(Video)
* Websites
* Family Education
* Scholastic
* NASP Center
* Educational World

Sibling Support: This page is provides parents with ways to include siblings in the teaching and modifying of behaviors in children with special needs.

* Siblings’ Benefits
	+ Confidence
	+ Improved Relationships
* Communication
	+ Books listed to aid in conversation
* Four Areas of Skills
	+ Foundation Skills
		- Eye contact
		- Personal space
		- Gestures
		- Facial expressions
	+ Interaction Skills
		- Sharing
		- Resolving conflicts
		- Communication
	+ Affective Skills
		- Understanding own feelings
		- Understanding other’s feelings
		- Developing empathy
	+ Cognitive Skills
		- Social norms
		- Making decisions
* Family Time
	+ Benefits Children With Disabilities
	+ Benefits Children Without Disabilities
	+ Benefits Parents

Alternative Methods: This page is meant to enhance parent knowledge on some lesser known means of correcting misbehavior. Techniques for discipline are available as well as evidence based research to support these strategies.

* Empowering Parents (website resource)
* Positive Parenting
	+ Visual description of basic parenting styles
	+ Triple-P Parenting Program
	+ Components of Positive Parenting
		- Positive goals
		- Positive parenting methods
		- Create an environment to support success
* Mindfulness Parenting
	+ Description/Definition
	+ 12 Exercises for Mindful Parenting
* Time-Out Debate
	+ Description/Definition
	+ Benefits/Disadvantages
	+ Proper administration (including video)
* Additional Resources
	+ Smart-phone/tablet applications
	+ Websites
		- National Dissemination Center for Children with Disabilities
		- Scholastic
		- Behavior Management Tips