

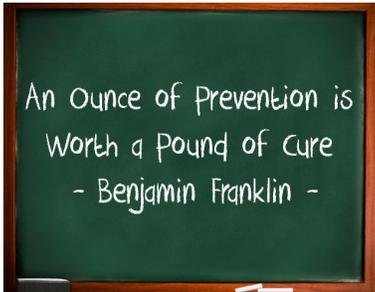
## Getting in Front of Challenging Behaviors

Over the past few weeks the Behavior Bulletin has discussed behavior as a form of communication, how to track behavior data, and how to make sense of the data collected. In this issue, we will start to focus on what can be done to stop challenging behaviors **before** they start! As a parent or caregiver you can exercise control over many of the circumstances that may be present before a challenging behavior occurs. The use of **pro-active** strategies is a preventative approach.

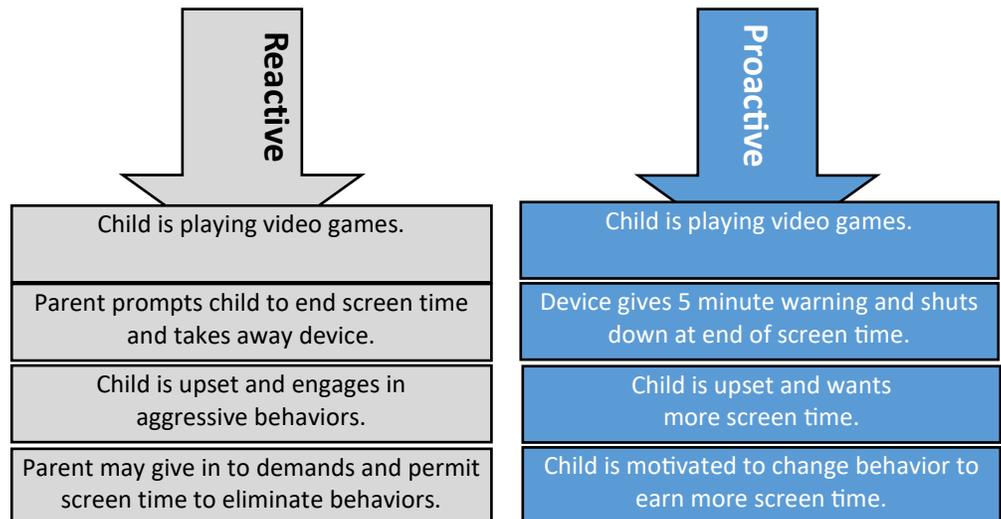
## Pro-Active Strategies Improve Outcomes

Pro-active strategies help to prevent challenging behaviors because they are implemented **before** the behavior occurs. On the other hand, reactive strategies or interventions are the responses that occur only during or after the challenging behaviors. The use of reactive strategies can have the opposite outcome than intended.

In the example below, the reactive strategy is taking away the child's device and the **pro-active strategy** is setting up parental controls and screen time limits on a the device. From the example, you can see how the use of **pro-active strategies** leads to improved outcomes.



Next week's **Behavior Bulletin** will focus on different types and examples types of pro-active strategies.



## Upcoming Events

Date/Time	Topic	Link
Tuesday, February 16 5:30pm-7:00pm	Family & Caregiver Group for Supporting Children with Developmental Disabilities	<a href="https://zoom.us/j/95461308157?pwd=bXNHRG9vS1ZRUG1BL3QzM05XdWJKdz09">https://zoom.us/j/95461308157?pwd=bXNHRG9vS1ZRUG1BL3QzM05XdWJKdz09</a>
Wednesday, February 17 6:30pm-7:30pm	Parents of Children with Autism Support Group	<a href="https://zoom.us/j/97311273663?pwd=ZDISaWZZTnROUUNaUTR6c3ErZORuQT09">https://zoom.us/j/97311273663?pwd=ZDISaWZZTnROUUNaUTR6c3ErZORuQT09</a>
Tuesday, February 23 6:00pm-7:30pm	Speak Up! Skills for Effective Advocacy and How to Prepare for Meetings.	<a href="https://parentnetworkwny.org/event/speak-up-skills-for-effective-advocacy-how-to-prepare-for-meeting/">https://parentnetworkwny.org/event/speak-up-skills-for-effective-advocacy-how-to-prepare-for-meeting/</a>



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.