



## Nurtured Heart Approach

A four week parent training course that begins on **Tuesday, March 9th.**

Sign up by clicking the link below.

<https://parentnetworkwny.org/event/the-nurtured-heart-approach-part-1-2/>

## Pro-Active Strategies

**Pro-active strategies** are actions taken by parents or caregivers that will increase the likelihood of stopping challenging behaviors from occurring.

The last Behavior Bulletin emphasized the importance of taking steps to prevent challenging behavior. **Pro-active strategies** are just one form of prevention. The effective use of pro-active strategies can help to prevent challenging behavior instead of trying to de-escalate or control challenging behaviors when they are happening. In the chart below you can read about four **pro-active strategies**, **how** and **when** to use them, and **why** they are effective.

Pro-Active Strategy	When and How to Use It	Why it Works
Praise appropriate behavior and good choices	<ul style="list-style-type: none"> <li>As much as possible</li> <li>Any time you observe the child engaging in appropriate behavior</li> <li>Be as specific as possible when giving praise</li> <li>Provide specific praise at the time when the appropriate behavior is observed</li> </ul>	The more a parent can focus on what a child is going well the less attention is put on inappropriate behavior. If challenging behavior occurs because the child is seeking parental attention, the child will learn that appropriate behavior can lead to parental attention.
Model the expected behavior	<ul style="list-style-type: none"> <li>When the child may not know what to expect</li> <li>Situations in which the child previously had challenging behavior</li> <li>To reinforce use of a skill or expectation</li> </ul>	Children mimic the actions and words of others and modeling sets a good example for children. Modeling will also demonstrate to children that adults engage in the same behavior that they expect from the child.
Picture schedules to build structure and routine	<ul style="list-style-type: none"> <li>During 'down time' or unstructured time</li> <li>Include words and images</li> <li>Review scheduled with the child</li> <li>Post in a highly visible area</li> </ul>	Children do well when they know what to expect as they go through their day. School is likely the most structured time during a child's day. Lack of structure can be an opening for impulsivity and behaviors that are intended to seek attention from parents.
Give choices or options instead of directives	<ul style="list-style-type: none"> <li>When choices have an acceptable outcome</li> <li>At times when the parent and child previously engaged in power struggles</li> </ul>	Giving choices provides a child with a sense of control and can empower them to follow through on the decision that they made. Giving choices can also eliminate power struggles because the child is accountable for their choices.

## Upcoming Events

Date/Time	Topic	Link
Thursday, February 25 6:00pm-8:00pm	Preparing for High School	<a href="https://parentnetworkwny.org/event/preparing-for-high-school-3/">https://parentnetworkwny.org/event/preparing-for-high-school-3/</a>
Monday, March 1 7:00pm-8:30pm	Northtowns Family & Caregiver Support Group	<a href="https://zoom.us/j/99541728957?pwd=a1Q4djhNRnhKaktJblhZbC84RC8rQT09">https://zoom.us/j/99541728957?pwd=a1Q4djhNRnhKaktJblhZbC84RC8rQT09</a>
Thursday, March 4 6:00pm-7:30pm	Transition from Preschool to School Age Special Education	<a href="https://parentnetworkwny.org/event/transition-from-preschool-to-school-age-special-education-2/">https://parentnetworkwny.org/event/transition-from-preschool-to-school-age-special-education-2/</a>



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