

**Proactive Strategies** are used *before* a major behavioral event such as a meltdown or tantrum.

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The goal is to prevent the challenging behavior from occurring.

## Proactive Strategies

The idea behind behavior modification techniques is to figure out the best and most effective response to challenging behaviors *before* they start, while they are happening, or when they are over. Today's focus is on proactive strategies (what can be done to try and prevent the challenging behavior before it starts).

Behavior is often related to what is going on around us and is impacted by where we are, who we are with, and what we are doing. An 'antecedent' or 'trigger' is housed within the knowledge you have about how your child will respond to a specific person, place, or task.

Once a trigger is known you can begin to develop your proactive strategies that will focus on making adjustments to the person, place, or task that trigger the challenging behavior. Making these adjustments will remove the trigger and get rid of the challenging behavior.

## A Bathtime Example

A child has meltdowns when prompted to take a bath. The trigger is either the person (who is giving the direction), the place (family home/bathroom), or task (taking a bath). Parents are experts on their children and know that their child does not display any challenging behaviors when brushing teeth or toileting, so the 'place' is not the trigger. The parents also know that meltdowns occur regardless of who gives the bathtime directive. The only trigger left is the task—taking a bath.

The proactive strategies need to focus on different ways to modify bathtime and may include: time of day, allowing toys in the bath, taking a shower, or adjusting the water temperature.

Try one strategy at a time. If the meltdowns still occur try a different strategy the next time. That's okay! Keep trying strategies until you find success. The proactive strategy that works will make bathtime meltdowns a thing of the past.



## Upcoming Events

| Date/Time           | Topic                                                                            | Link                                                                                                                                                    |
|---------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mon 6/8 @ 7pm       | Down Syndrome Parent Group                                                       | <a href="https://global.gotomeeting.com/join/567555997">https://global.gotomeeting.com/join/567555997</a>                                               |
| Tue 6/9 @ 6:00pm    | Speak Up! Skills for Effective Advocacy & How to Prepare for Meetings            | <a href="https://attendee.gotowebinar.com/register/6870768304303727887">https://attendee.gotowebinar.com/register/6870768304303727887</a>               |
| Thurs 6/11 @ 8:30am | Let's Talk: I'm Working from Home                                                | <a href="https://zoom.us/meeting/register/tJYkceyvrijjHt3bd4EoKZSSfXGfKWT3bHi">https://zoom.us/meeting/register/tJYkceyvrijjHt3bd4EoKZSSfXGfKWT3bHi</a> |
| Fri 6/12 @ 1:00pm   | Family & Caregiver Group for Parents of Children with Developmental Disabilities | <a href="https://global.gotomeeting.com/join/805112789">https://global.gotomeeting.com/join/805112789</a>                                               |



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