

Behavioral and Counseling Services
Athlos Academy of Utah

Genius!

Behavioral Strategies for Parents for the 2022-2023 School Year

- Follow the ABC of behavior management :A-what happens before the behavior or trigger, B- is the behavior we want to encourage or discourage, C- Present a consequence or outcome for undesirable behavior
- Set up a rewards chart: Use a points or reward system so that points can be tallied and rewards earned
- Demonstrate complete objectivity: Remain calm and objective it will let the child know that you have his or her best interest at heart
- Build a consistent approach to consequences and reward: Be consistent
- Create a family rules board; Set rules and expectations
- Selective ignoring; Ignore inappropriate behavior
- Be receptive to positive behavior and offer praise: Use praise and positivity
- Agree on rules and consequences with other adults in the home
- Demonstrate model behavior to maintain a positive influence

