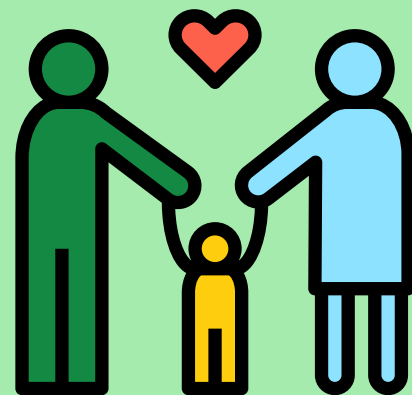




# BEHAVIORAL SUPPORTS FOR CHILDREN WITH DISABILITIES

## A Guide for Parents at Home



Due to school closure, families may be overwhelmed with the responsibility of teaching their children, working from home, and maintaining a happy and healthy home environment. It is important to observe your child for any indicators of behavioral difficulties & find effective ways to support your child's behavioral health.

### STEPS FOR SUCCESS



#### Visual Schedule & Supports

Create an individualized visual schedule including all activities of daily living and post it in a common area. Check off each activity as they are completed.



#### Positive Behavior Supports

Praise your child for good behaviors, and use sticker charts and token systems to teach your child that desired behaviors are rewarded with preferred items and activities.

#### Establish Expectations



What are the rules in your home? Be clear about what you expect and be consistent throughout the day.

#### Offer Choices

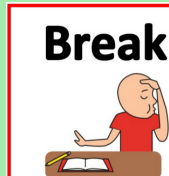


Sometimes children feel like they have no control over daily demands which can lead to frustration. Offer choices to increase participation and compliance. (e.g. "Do you want to do math or reading first? Do you want to work for 5 or 10 minutes?")

#### Structure Learning



Some children need structure to be successful. Try limiting distractions in the environment and be clear about what work, and how much of it, needs to be completed to earn breaks during the day.



#### Teach Behaviors You Want to See

Most behaviors are a form of communication. Think about what your child is trying to say to you, especially when behaviors are challenging. What can your child do instead to get that need met?

#### Sensory & Movement

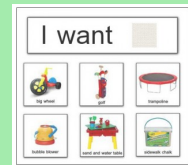
Build in sensory and indoor/outside activities (e.g. walks, runs, or playing in the yard, etc.) into the daily schedule.



#### Transition Strategies

Transitions between activities can be difficult. Try strategies like reviewing the schedule at the beginning of the day, using a timer to start and stop activities, and using first-then language to make transitions easier.

#### Encourage Communication



Offering choices, placing items out of reach, pretending like you don't understand or you forgot something, and pausing during predictable activities are ways to encourage communication.

#### Evidence-Based Teaching Strategies



Maximize the time you have for instruction by using strategies that are proven to be effective. This will lead to greater success and less frustration for everyone.



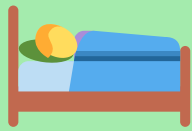
#### Promote Independence

Helping your child become more independent at home builds confidence and self-esteem. Increased autonomy and trust can lead to fewer conflicts and improved satisfaction in life.

### WHEN TO REACH OUT KNOW THE SIGNS



Changes in mood, attention, or behavior



Changes in eating or sleeping habits



An increase in anger or irritability



Increase in refusal behaviors



Physical aggression or self-injurious behaviors

### SUPPORT

If you're seeing any of these signs, don't wait, reach out! It's better to get help early when things are manageable than to wait until there is a crisis.



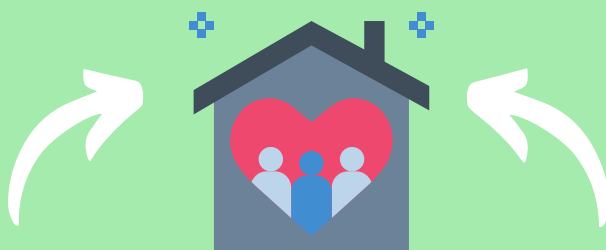
Your child's school is the first point of contact when you need behavior support. Call the Office of the Fresno County Superintendent of Schools and ask to be connected to a member of your child's IEP Team. 559- 497-3880

All 4 Youth is a partnership program between the Fresno County Department of Behavioral Health and Fresno County Superintendent of Schools for children and youth ages 0-22 years old experiencing difficulties that affect them at school and at home.



### ONLINE RESOURCES

For additional resources click the image below.



Click the above image to access even more resources related to behavioral health, COVID-19, and activities

## We are here for you and want to help!

## #UnifiedAtHome