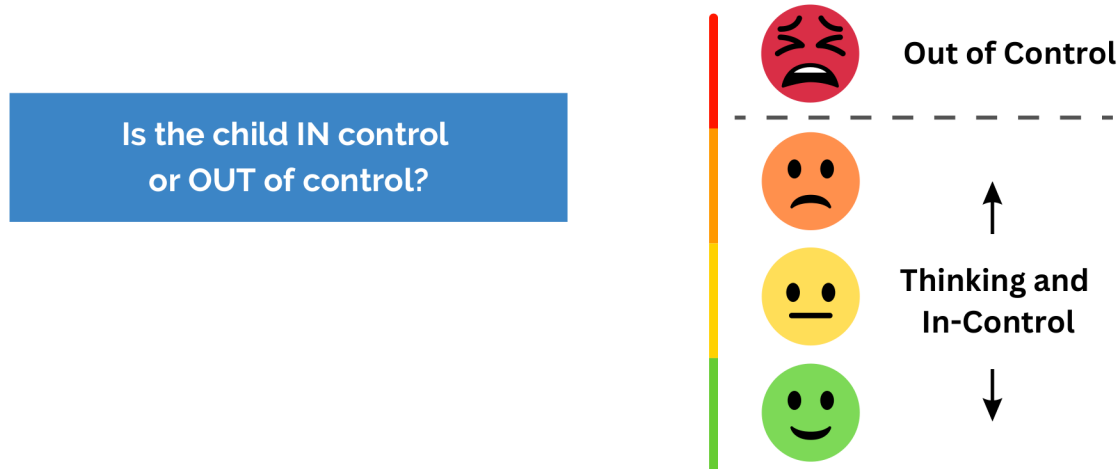


Intervention Strategies

Intervention is taking action to respond to the behavior while it is happening. Because every child and behavior is different, the intervention strategies we choose to use will vary for different children and different types of behaviors too.



Always Remember to

Try your best to determine why the behavior is happening

Remember, behavior is a form of communication. It often means there is a need, or the child is trying to get something or get away from something. You may not know why for certain but this will help you choose the best way to respond.

Keep the child and others safe

Be aware of the environment. Always respond if the child is a danger to themselves or others. Move items that could cause harm and do your best to move others away from the situation.

Stay calm

You help teach children how to act through your own words and actions. Be aware of your voice, facial expressions, and gestures. Remember, your energy can influence others. The more visibly upset you are, the more the child might become upset too.

Use few words

Talking a lot during a behavior can confuse and overwhelm the child and make the situation worse. Repeat simple reminders or instructions calmly and wait for them to think.

Use your plan

Once you have created a behavior plan, use it every time the challenging behavior occurs to help guide your response.



Intervention Strategies

Self-Calming

Remind the child of ways to calm their body and mind (ex: count, take a break, walk, deep breaths).

Distract or Redirect

Help change their attention to focus on something that helps them calm down.

Change Sensory Input

Change the amount of sounds, sights, people, or do more or less movement or pressure.

Verbal or Visual Support

Use pointing, gestures, pictures, signs, or simple instructions they know and can follow.

Give Choices

Offer two choices that are both ok to do. Repeat the choices if needed and give the child time to think and choose.

Tell or Show Me

Ask the child to tell you or show you what they need or want. Showing is very useful if they have verbal difficulties.

Give Time and Space

Sometimes children need more physical space or time to think and respond.

Encourage a Replacement

Remind the child what TO do in certain situations.

Change the Activity

Was the original expectation appropriate? If so, maintain the expectation. If not, change it.

Planned Ignoring

If they want attention, try not to pay attention now. Try to look for times you can give attention and praise for appropriate behavior instead.

Maintain the Expectations

Be consistent with your boundaries and expectations, even if this is why they are upset. Give reminders as needed.

Ask for Help Yourself

If you are frustrated or the child doesn't seem to be responding to you, it's ok to ask another adult to assist.

You may decide to use one or multiple interventions to fit the needs and the situation.