

Prevention Strategies

After working to try to understand why the behavior is occurring, then you can make a plan and think: can we try anything to prevent the behavior? Remember, try any chosen strategy consistently over time. It may take the child time to get used to the changes and for you to see changes in their behavior.



Build a Relationship

Learn the child's strengths, interests, and needs. Help them build feelings of care and trust.



Teach what TO do

What should they do when they feel certain emotions or are in certain situations?



Use Routines

This helps the child know what is supposed to happen, when, and where day to day.



Create Exciting Lessons

When interest is higher, challenging behaviors are less common. Refer to the 'Lesson Strategies' page from our 'Helping CWD Learn' module too.



Reinforce Good Behavior

Be positive and focus on appropriate behavior too. Refer to the 'Positive Reinforcements' toolkit sheet from our 'Helping CWD Learn' module too.



Prepare for Transitions

Stopping and starting activities is often difficult. Give warnings and reminders to help them think and get ready.



Give Sensory Activity Time

Children may need time to take a break and use their bodies in ways that is calming to them.



Set Expectations

Create, teach, and practice specific rules so children know what they should do during specific times.



Use Visuals

To remind and help them learn to identify and communicate needs, wants, and emotions.



Use Social Stories

To build an understanding of certain situations or upcoming events that are very different.



Communicate with Home

Are the same things happening in both settings? How can you work together to address it?



Review the Day

Start the day by reviewing expectations and changes to the routines. End by checking in.