

Positive Parenting Approaches

Session 1: Understanding Behavior

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The following information will be most useful after watching the webinar titled “Understanding Behavior.” The webinar explains how to gather information to best understand behavior, our children’s behavior and our own behavior as parents. Understanding behavior is the important first step in being able to decrease challenging behavior and increase positive behavior.

- ❖ **Reflect:** Take time to reflect on your parenting. Ask yourself:
 - What three words or statements do you want your children to use to describe you as a parent?
 - What values do you most want to teach your children?

- ❖ **Temperament:** Look at one of the following resources on temperament to better understand your child’s temperament and your own. The following resources speak about infants and toddlers, but the information can apply to older children as well. Please use the same traits to rate yourself and your child, regardless of age.
 - <https://centerforparentingeducation.org/wp-content/uploads/2014/03/Temperament-Scales-.pdf>
 - http://csefel.vanderbilt.edu/briefs/wwb_23.pdf
 - <https://www.ecmhc.org/temperament/>

- ❖ **The ABCs of Behavior:** Collect data on the Antecedents (those factors that “turn on” the challenging behavior), Behaviors (what are the behaviors, how long do they last, etc.), and Consequences (what “turns off” the behavior, what happens after an episode of challenging behavior) of challenging behavior so we can understand the function or the “why” of the behavior. The following handout can help with data collection.
 - <https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/health/parenting/tips/10behavchart.pdf>

- ❖ **Hot Buttons:** What are your “hot buttons” and how do you respond when one gets pushed? Better understanding our own hot buttons can help us learn ways to respond in more helpful ways.
 - <https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/04220018/Hot-Buttons.pdf>