**Top 10 Behavior Management Strategies**

Julie Powell – RSE-TASC Behavior Specialist - [jpowell@gstboces.org](mailto:jpowell@gstboces.org)

1. **Create Nurturing Relationships With Students**

* Benefits: Children’s Emotional, Cognitive, Social Development and Safety
* Your Best Tool- Your VOICE! Prompt, Don’t Nag
* You are a role model at all times- what are you modeling?

1. **Establish Expectations And Rules**

* 3-5 Positively stated Expectations/Classroom Rules that are Understandable, Taught, and Reinforced
* Rules say what I want you to do (Specific Behaviors)

1. **Establish Procedures And Routines**

* All Brains work better with predictability, makes us feel safe. Safe=Ready to Learn
* teach them & practice them
* Kids should know what to do from the minute they come in to the minute they leave

1. **Employ Active Supervision**

* Be Aware of Everything going on in your room at all times
* Think about the “What ifs?” and plan ahead
* Know what sets kids off and plan for what you will do, or how you can avoid it

1. **Provide Specific Praise For Behavior**

* Specific Praise of Positive Behaviors, 5:1 (Positive: Negative) Comments to Kids
* Kids are much more likely to do what you want if they know what it is.

1. **Use De-Escalation Strategies**

* Use the strategies you teach kids- step away, deep breathing, count to 10, etc.
* When we get upset, we escalate the child more

1. **Discourage Inappropriate Behaviors**

* Respond in a calm, brief, private and respectful tone
* Use a continuum of strategies

1. **Use Group Contingencies**

* Acknowledge class behavior with fun ways to earn a reward
* Encourages positive behavior with peers

1. **Teach A Replacement Behavior**

* Choose and Teach a New Behavior that Meets the student’s Same Need
* Offer a better way that is easier to do to meet the need

1. **Be Realistic**

* Each child has unique needs and abilities. The teaching is never ending.
* Think “He’s/She’s Not There Yet.” Instead of “He’s/She’s trying to drive me crazy!”