

Prevention Strategies

Review the prevention strategies and write down how you have been using the strategy or how you can start using the strategy to manage disruptive behaviors. Once you have gone through each strategy, pick one or two to try this week.

Strategy	How I am using this strategy or How I could use it
End on a high note	
Take control of the environment	
Respond to your child's cues	
First-Then	
Offer choices	
Change how you give instructions	
Visual and Auditory Supports	
Limit demands on challenging days	
Catch your child being good	
Incorporate your anxiety reward system for disruptive behaviors	

One or two strategies I will try this week: