

SST8 FAMILY NEWSLETTER

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Tips for Better Behavior

Families are the first and most influential teachers of behavior to children. Children model the behavior seen at home, emphasizing the importance of maintaining a calm and consistent response to the behavior you see. One of the biggest challenges families face is managing and positively responding to the challenging behaviors exhibited by their children. Whether your child is refusing to put on their coat, or throwing an intense tantrum, it may be hard to remember the most efficient way to respond.

Below are some tips for setting you on the path for better behavior, and a strong and peaceful connection to your child.

Tip #1: Use “by” to clarify

Use “by” to clarify your thoughts when correcting behavior. When you use a phrase to praise your child, such as “good job” or “way to go”, think “by” to clarify exactly which behavior your child demonstrated that caused your praise. General directions such as “get to work”, and “you know what to do” are sometimes not clear enough for children. Be concise and describe exactly what behaviors you would like to see.

Instead of...	Try this
Great job!	You did a great job by washing your hands after playing outside.
Way to go!	Way to go bringing your dish to the sink after dinner!

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Tip #2: Avoid asking questions when emotional

When children are extremely emotional, avoid asking questions such as “What’s wrong” or “Why did you do that?” Instead, try first dropping the question part of the sentence and instead, add a phrase such as “tell me” in the front of the sentence. By adding “tell me” or “show me” you can describe the behavior that your child is doing at that moment.

Instead of...	Try this
What’s wrong?	Show me why you are holding your knee and crying.
Why would you do that?	Tell me why you threw that ball at your little brother.

Tip #3: Say what you see, and say what you want

Telling your child exactly what behaviors you see them doing, and those that you want to see them doing instead, will help in cutting down the language used. Limit your comments and concerns to a description of the behavior, using as few words as possible.

Instead of...	Try this
Don’t do that!	You are watching TV. Turn the TV off and come to the table for dinner.
Every time I come to the living room you are playing instead of cleaning up your toys!	You are playing with your trucks. Put your trucks in the basket and come brush your teeth.

Tip #4: Connect behavior to student responsibility

Try adding the phrase “tells me you want something” after describing the behavior that you wish to correct with your child. This phrasing helps put the ownership and responsibility back to the child. Follow this pattern (describe the behavior) ...tells me you want something (either added or removed).

Instead of...	Try this
If you walk away from me, I won’t let you watch TV tonight.	Walking away from me tells me that you don’t want to watch TV tonight.
If you don’t get that homework done now, I won’t let you meet up with your friends.	Not completing your homework tells me you don’t want to meet up with your friends later.

Tip #5: Support in an Opposite Direction

Avoid matching the emotions of your child while they are exhibiting a challenging behavior. An intense tone or yelling could scare your child and prevent them from hearing your message. All children have the potential to become desensitized to consistent yelling. If you are able to maintain a calm and quiet tone to your voice, your child will pay attention when you really need it, such as to stop them from running into the street.

Your child gets...	Try this
louder	Speak quieter
faster	Respond slower

United Disability Services (UDS)

Agency Spotlight

United Disability Services (UDS) successfully serves individuals of all ages with all types of disabilities from the mildest to the most severe.

UDS offers the following services:

Adult Services — UDS can help with transition from high school to work, looking for an interesting new job, social/recreational or volunteer opportunity, or preparing for retirement.

Respite and Community Living Services - UDS offers a wide range of quality respite and community living options for people with disabilities and their caregivers.

All-Star Training Club - All-Star Training Club became part of UDS in 2014, and was created more than 25 years ago to provide integrated sports programs, for individuals with or without disabilities, where everyone is an all-star. ATC is a sanctioned Special Olympics organization.

Low Vision Services — Low vision services can help through low vision assessment, low vision aids, talking devices, assistive technology and other beneficial aids.

Toy and Resource Center -The Toy and Resource Center loans developmental toys and resource materials to anyone working with a special needs or a typically developing child from birth to six years of age. Membership is open to individuals and organizations including parents, teachers, therapists, students and child care centers. Check website for hours of operation.

Transportation Services - Transportation Services is responsible for the curb-to-curb transportation needs of approximately 200 passengers each day.

Community Relations - Community Relations educates and informs the community about agency services through tours, presentations, a community newsletter, brochures and participation in community events.

UDS Works - United Disability Services has been meeting the support, employment and production needs of Northeast Ohio businesses for nearly 30 years.

The Steel Academy - The UDS Steel Academy is a free public community school focusing on students in grades 6-12 with ADHD, autism spectrum disorders and gifted students who need to be challenged. The Academy prepares students for college or post-graduate careers and to be happy, productive lifelong learners.

Buckeye Baskets - The assembly of these gift baskets (most are specialty foods made in Ohio) provides employment for people with disabilities and helps support UDS Programs.

Taste Buds — Customized catering offering fresh and tasty box lunch menu. Taste Buds helps provide employment opportunities for people with disabilities.

UDS has offices in the following communities:

701 S. Main Street Akron, OH 44311 330 762-9755	1275 Sweitzer Ave. Akron, OH 44301 330 379-3337	1010 West Main St. Kent, OH 44240 330 676-1493	10735 Ravenna Rd. Ste. 11 Twinsburg, OH 44087 330 425-3159
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Check out their website to learn more about UDS programs, hours of operation, etc.: www.udsakron.org

Contact Us:

To subscribe to the SST8 Family Newsletter, contact Alice Doyle at:

aliced@cybersummit.org and type “parent email list” in subject line.

Check out our website at:

sst8.org



PAC News

The Topic for the December PAC Meeting is **Disability Rights Ohio**. An overview of services will be presented along with topics on ESY and the ABLE Act. Details will be sent out about this in late November/early December.

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