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with challenging  
behaviours?  
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# Behaviour 101

## reactive strategies

### WHAT ARE REACTIVE STRATEGIES?

Reactive strategies are strategies that are used **AFTER** a challenging behaviour occurred. These strategies can either be planned or unplanned.

### REMOVAL OF TRIGGER

If possible, remove the item/activity that is causing the undesired behaviour. You can always introduce it later on.

### PLANNED IGNORING

Planned ignoring is a behaviour strategy that works towards the concept of extinction. The intention is that using planned ignoring will lead to the target behaviour happening less often or being eliminated.

### TOKEN SYSTEMS

The child earns tokens when engaging in the desired behaviour. Tokens can be exchanged for a reward at a later time.

### REDIRECTION

Priming sets the stage for a desired response, or to reduce the possibility of a challenging behaviour.

### RESPONSE BLOCKING

Response blocking is a strategy to prevent a problem behaviour from occurring.

### RESPONSE PROMPTING

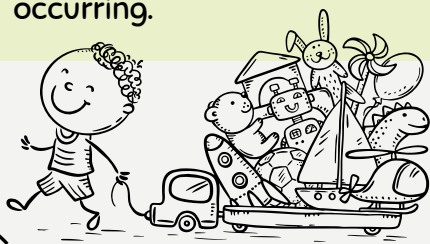
Adding in a cue that assists in the correct response. Prompting increases the likelihood of the child engaging in the desired behaviour instead of the problem behaviour.

### REDUCING DEMANDS

Sometimes you cannot remove the trigger, but you can lessen the demands. This is commonly used at mealtimes, "Eat one more bite and then you can have dessert"

### CHOOSE YOUR BATTLES

Some battles are worth getting involved and some are not. Consistency is very important in teaching expectations if you are going to pick a battle, be consistent on how you support the child through the behaviour.



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