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Steps to Family Problem-Solving with Positive Behavior Support



1

Establish Goals

Consider what behaviors you want to occur—or how you want to function as a family—during particular situations or routines. Determine what behaviors are currently happening, and what specific circumstances and behaviors you might want to change.

2

Gather and Analyze Information

Analyze information to better understand why challenging behaviors occur in certain situations. Pay close attention during those times (e.g., watching for patterns, talking to each other about what is happening and why, recording the behaviors and circumstances) to identify reasons for the behavior.

3

Develop a Plan

Make changes to your family's surroundings or routines to 1) prevent or minimize challenging behaviors and reduce conflict, 2) replace unpleasant or unproductive interactions with positive behaviors, and 3) reward and reinforce positive behavior to encourage more of it.

4

Monitor and Evaluate Changes

Establish a way to determine if you are achieving your family's vision and expectations. You might go over goals each morning at breakfast and review performance at bedtime, or have weekly family meetings in which events and behavior are discussed.