**Session 1: Positive Behavior Support - Effective Directions and Praise**

***Domain: Positive Behavior Support***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Learn how to give effective directions
  + Learn how to use verbal praise that is developmentally appropriate
  + Understand the principle underlying the importance of using effective directions and verbal praise to reinforce positive behavior
  + Practice giving directions and offering praise using role play
  + Identify barriers to giving effective directions and using praise
  + Learn to track children’s behaviors to focus on positive rather than undesirable behaviors
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session1) *to download handouts)*
  + 1A Identifying Positive Opposite and Breaking Down Behaviors, pg.21
  + 1B Dos and Dont’s of Effective Directions, pg.23
  + 1C Practice Giving Effective Directions, pg. 24
  + 1D Examples of Praise, pg. 25
  + 1E Practice Giving Effective Praise, pg. 26
  + 1F Home Practice Worksheet: Tracking Effective Directions, Child Cooperation, and Effective Praise, pg. 27
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#positive-behavior) *to find videos)*
* Clear, Effective Requests/Directions (Younger/Older Child)

**Bear Videos** *(available in English or Spanish)*

* Notice Positive Behavior (Younger Child)
* Play (Younger Child)
* Encouragement & Praise (Younger/Older Child)
* Give Directions (Younger/Older Child)
* Use Rewards (Older Child)

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* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Consider using relevant video(s) checked above. See tips below.
    - **Giving effective directions**: discuss rationale and benefits (pg. 12); facilitate parent reflection; review identifying positive opposite of behavior and breaking down into smaller behaviors (Handout 1A), and Dos and Don’ts of effective directions (Handout 1B)
    - **Giving praise effectively**: discuss types of praise (Handout 1D); facilitate parent reflection; discuss rationale for why praise is effective and ABCs of behavior (pgs. 14-15)
* **Model**: Consider using relevant video(s) checked above.
  + - **Giving effective directions and using effective praise**: practice Wrong Way/ Right Way for Effective Directions and Praise; can use example from manual first (pg. 17) then an example from the family.
  + **Practice**: Have parent identify behavior they want to change, practice identifying its positive opposite, and practice Right Way of giving effective directions and praise (Handouts 1C and 1E); tailor to family
  + **Debrief**: Facilitate parent self-assessment and give your feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider Tips for Success at Home, pgs. 18-19)
* **Home Practice**
  + Homework Option: Handout 1F Practice Worksheet pgs. 27-28
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).

**Positive Opposite (pgs. 12-13)**

* Think of the positive opposite of the problem behavior- what do you want to see happen MORE?
* Break down the desired behavior into small, observable steps that are under child’s control

**ABCs of Behavior (pgs. 14-16)**

* Antecedent-Behavior-Consequence model, examples: Antecedents = Effective directions; Behavior = Positive Behavior; Consequence = Praise
* ANTECEDENT: Effective directions increase chances that child will be successful; praise increases probability of child cooperating in the future
* CONSEQUENCE: Reinforcement is key to learning and maintaining positive behaviors
  + Yelling/other negative responses after problem behavior can reinforce problem, not correct it
  + Praise is an important skill for parents to learn- be prepared that paying attention to and praising the positive while reacting less to the negative takes practice
    - P-I-E: Praise should be Positive, Immediate, and happen Every time (or as close as parent can get)
    - Ideal ratio is 4:1 reinforcement to correction