



# Family Routine Guide Snapshots

**Problem:** Your child wants to play with you but you can't.



**Directions:** Choose one strategy from each column to try (2 strategies total).

<p style="text-align: center;"><b>Before</b></p> <p style="text-align: center;"><i>How can I prevent challenging behavior?</i></p>	<p style="text-align: center;"><b>During</b></p> <p style="text-align: center;"><i>What can I do when challenging behavior occurs?</i></p>
<ul style="list-style-type: none"> <li>• <b>Fill your child's attention piggy bank.</b> Spend time playing with your child when you are available.</li> <li>• <b>Have fun activities available</b> that your child can play with independently.</li> <li>• <b>Discuss rules and guidelines with your child.</b> Example: <i>"First I am going to work, then I will play with you. If it's an emergency let me know and I can help. "</i></li> <li>• <b>Tell your child when you will be available and set a timer.</b> Let your child know when the timer goes off you will be ready to play.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Give a reminder using First/Then language.</b> Tell your child, <i>"First I need to finish working, then I will play with you."</i></li> <li>• <b>Cue your child to look at the timer,</b> and remind your child how much time is remaining.</li> <li>• <b>Remind your child of his/her choices</b> of what to do while you are busy.</li> </ul> <p>If challenging behavior continues after trying one of the above strategies, <b>provide a clear direction</b> (e.g., play quietly) <b>and ignore*</b> <b>challenging behavior.</b>  <b>*If challenging behavior is dangerous, do not ignore.</b></p>

Adapted for Team Tennessee/Pyramid Model State Partnership by Vorhaus, E. (2012) Nashville, Tennessee: Tennessee Voices for Children from: Lentini, R., Vaughn, B. J., Fox, L., & Kwang-Sun Blair (2009). Creating teaching tools for young children with challenging behavior (3rd edition). Tampa, Florida: University of South Florida.



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