



Family Routine Guide Snapshots

Problem: Your child loves to run outside and leaves the play area boundaries.



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

<p style="text-align: center;">Before</p> <p style="text-align: center;"><i>How can I prevent challenging behavior?</i></p>	<p style="text-align: center;">During</p> <p style="text-align: center;"><i>What can I do when challenging behavior occurs?</i></p>
<ul style="list-style-type: none"> • Before going outside, state when your child can run (e.g., the first 10 minutes of play) and where your child can run by physically showing your child the boundaries. • Teach your child that staying “safe” is to stay inside the boundary and to be “unsafe” is to leave the boundary. • Before going outside, clearly state outside play expectations/what’s allowed when playing outside. • Provide structured activities that involve active play and running. • Help your child make a choice of activities. 	<ul style="list-style-type: none"> • Redirect the child to other activities or to the safe space for running. • Remind your child of “outside” boundaries. • Validate your child’s feelings (“I see you’re angry, but you can’t leave from the playground. Let me help you find a place to run.”) • Calmly but firmly remind your child that running out of area is “unsafe” and prompt your child to sit or stand near you until ready to be “safe.” <p><i>*If challenging behavior continues after trying one of the above strategies, provide a clear direction (e.g., walk to me) and state the consequence if the direction isn’t followed.</i></p> <p><i>*If this is used, be sure to follow through on the consequence if the clear direction is not followed.</i></p> <p><i>*Running away is dangerous, <u>ignoring is not recommended.</u></i></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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