

# HEALTHY BEHAVIORAL PRACTICES



## Cheat Sheet

### POSITIVE INTERACTIONS

#### EYE CONTACT AND PLEASANT FACIAL EXPRESSION

Example: smiling and nodding

#### AT LEAST ONCE EVERY 5 MINUTES TO ALL INDIVIDUALS IN THE AREA

Example: compliments, greetings, expressions of care, conversations, appropriate physical interactions, praise

#### RESPOND TO EVERY APPROPRIATE INDIVIDUAL REQUEST FOR ATTENTION, ITEMS AND ACTIVITIES, AND/OR BREAKS FROM DIFFICULT TASKS

Example: If an individual says, "I don't want to do \_\_\_\_\_"; You can respond with, "Thanks for letting me know; do you want to do X or Y instead?"



### EFFECTIVE INSTRUCTIONS

#### GIVEN WITH A PLEASANT VOICE/FACIAL EXPRESSION

Example: smiling and nodding

#### SIMPLE AND CLEAR

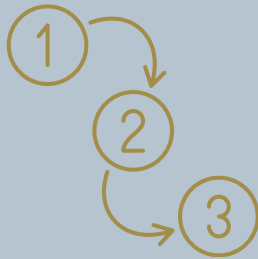
Example: instructions were not too confusing or wordy

#### DO STATEMENTS INSTEAD OF DON'T STATEMENTS

Example: "Please put your dishes in the sink." instead of, "Don't put that there!"

#### IF AN INDIVIDUAL DOES NOT COMPLY, USE TELL/SHOW PROMPTING AND OFFER HELP TO COMPLETE THE TASK

Example: model how to follow the instruction and show the individual what they are being asked to do.



### ACTIVITY ENGAGEMENT

#### PREFERRED ITEMS/ACTIVITIES AVAILABLE IN COMMON AREAS AND EASILY ACCESSIBLE

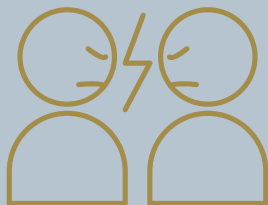
#### ALL INDIVIDUALS ENGAGED WITH AN ITEM OR ACTIVITY

Example: attending to or looking at an item/activity

#### WHEN INDIVIDUALS ARE NOT ENGAGED, TRY FOR ENGAGEMENT BY OFFERING CHOICES OF ITEMS/ACTIVITIES



### RESPONDING TO PROBLEM BEHAVIOR



#### DO NOT COMMENT ON MINOR OR SEVERE PROBLEM BEHAVIOR

Example: minor problem behavior includes behaviors that do not cause harm to the individual, others, or property (e.g., IVB); severe problem behavior includes behaviors that could cause harm to the individual, others or property (e.g., SIB, PA, PD)

#### WAIT AT LEAST 10 SECONDS BEFORE GIVING ATTENTION OR PREFERRED ITEMS/ACTIVITIES AFTER SEVERE PROBLEM BEHAVIOR

Exception includes approved physical procedures to ensure safety (e.g., SafetyCare)

GoodLife's best-practice procedures are for use with all individuals.

Our Healthy Behavioral Practices are evidence-based practices that assist in building rapport between staff and individuals and can prevent the occurrence of problem behaviors.

Read more at [mygoodlife.org/behavioral-services](https://mygoodlife.org/behavioral-services)