

# HEALTHY BEHAVIORAL PRACTICES



Evidence-based procedures for building rapport between staff and individuals

## POSITIVE INTERACTIONS

Promote healthy relationships, increase appropriate behaviors, decrease problem behavior

### WHAT TO DO:

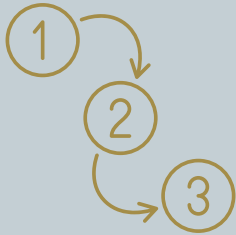
Descriptive praise, eye contact and pleasant facial expressions, compliments, greetings, conversation, expressions of care, respond to requests.



“LET ME KNOW HOW I CAN HELP YOU.” ● “I LOVE YOUR SHOES!” ● “IT’S GREAT TO SEE YOU TODAY!”

## EFFECTIVE INSTRUCTIONS

Decrease difficulty of task, increase compliance, decrease problem behavior during demands



### WHAT TO DO:

Pleasant tone and facial expression, simple and clear instructions, DO rather than don’t statements, two-step prompting, provide help when needed.



“WALK”



“STOP RUNNING”

## ACTIVITY ENGAGEMENT

Promote healthy relationships, decrease problem behavior

### WHAT TO DO:

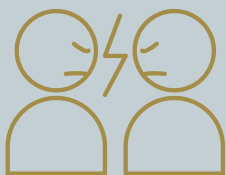
Ensure individuals always have access to things they like and are engaged! Provide individuals choices of things to do.



“LET’S FIND SOMETHING FUN TO DO! WOULD YOU LIKE TO GO FOR A WALK OUTSIDE OR READ A BOOK?”

## RESPONDING TO PROBLEM BEHAVIOR

Protect individuals and staff, decrease future instances of problem behavior



### WHAT TO DO: (MINOR)

minimize attention to the behavior (do not comment); Redirect to another activity

### WHAT TO DO: (SEVERE)

minimize attention to behavior (do not comment); withhold attention and access to items/activities for at least 10s; follow 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](http://mygoodlife.org/behavioral-services)

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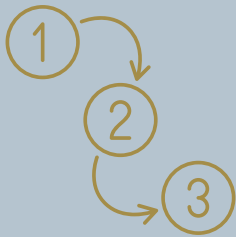
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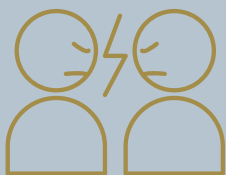
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