

Behaviour Response Plan



Situation:
Preventative support:

Behaviours:	Response:
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Behaviours:	Response:
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Behaviours:	Response:
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Trigger:

Behaviours:	Response:
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Behaviours:	Response:
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How will this help me?

- You can plan how to respond to certain behaviours using this simple 'Behaviour Response Plan' – this might include scripts, limited choices or actions you are going to take.
- This will help you to stay 'on plan' when difficult moments happen.
- If all family members use the same plan, it will give a consistent response to your child.

How to use

1. Choose a situation that is challenging for your family to manage e.g. walking to school or bedtime routines. Write this in the '**Situation**' box.
2. Think of all the things you are putting in place in that situation to help your child to stay calm e.g. having an adult close by, having a visual routine, etc. Write these into the '**Preventative support**' box.
3. Then think of what **Behaviours** your child shows in this situation and fill in the coloured boxes. They are laid out in a curved shape to show how behaviours will start off calm and positive, may escalate into behaviours that challenge then de-escalate back to calm (see example plan below!)
 - Start with the **green** box in the bottom left-hand corner – add what positive behaviours you might see from your child in that situation e.g. listening, smiling, making eye contact, etc
 - Move onto the '**Trigger**' box just above – add in what tends to trigger your child and leads to behaviours escalating
 - Move onto the **yellow** box just above – add in what escalating behaviours you might see e.g. ignoring you, running away from you, etc
 - Move onto the **orange** box at the top – add in what behaviours that challenge you might see e.g. trying to push you, throwing toys, etc
 - Move onto the **yellow** box just underneath – add in what behaviours you might see when they are starting to de-escalate e.g. slower breathing, stopping the pushing, etc
 - Then fill in the last **green** box in the bottom right-hand corner – add in what behaviours you might see when they are fully de-escalated and calm e.g. making eye contact, smiling, wanting a hug, etc
4. Then you need to plan your **Responses!** Fill in all the white boxes (next to the coloured ones) with how you and other family members will respond when those behaviours happens (see example plan below!)

Top tips!

- Work on one situation at a time!
- Think carefully about the positive behaviours you want to see and make sure they are realistic to your child's age, developmental stage and needs
- Know how you will recognise early warning signs that behaviours are escalating and how you will respond to prevent behaviours from escalating
- Plan to respond to behaviours when they do occur
- Share the plan with relevant family members and other adults e.g. grandparents, baby sitters, scouts leader, gymnastic coach, etc

Example:

Situation:

Playing in the garden with sister



Preventative support:

- Adult nearby.
- Regular drink and snack breaks
- Remind of strategy: If Lily becomes upset, she comes to tell you or walks away!

Lily's behaviours: <ul style="list-style-type: none">• Attempting to hit sister	Response: <p>Simple script: 'Stop we do not hit, it hurts people.'</p> <p>Tell sister to go inside (for safety)</p>
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Lily's behaviours: <ul style="list-style-type: none">• Growling at sister• Shouting 'No! I won!'	Response: <p>'I can see you are frustrated because ...Tell me what's happened' 'Distract – can I have some help in the kitchen Lily?</p>
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Lily's behaviours: <ul style="list-style-type: none">• Quiet• Breathing slower	Response: <p>Give time to cool down (Lily usually needs about an hour to cool down)</p>
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Trigger: Loses game

Lily's behaviours: <ul style="list-style-type: none">• Sharing• Laughing	Response: <p>Specific praise: 'Lovely sharing Lily, you and ... are playing so well together. Let's put a tick on the 'well done' chart.'</p>
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Lily's behaviours: <ul style="list-style-type: none">• Chatting, smiling	Response: <p>Restorative questions 'What happened? What were you thinking/feeling at the time? What can we do to help to put this right? What could you do differently next time? Make a sorry card for sister Talk about what to do differently next time</p>
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