



Staying Ahead: Proactive Strategies for Preventing Disruptive Behaviors



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Contents

- Define common disruptive behaviors and triggers
 - Highlight proactive strategies
 - Emphasize educator/parent and environmental roles
 - Encourage consistent practices
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What Are Disruptive Behaviors?

Definition: Behaviors that interfere with learning, safety, or routines

Examples: Yelling, hiding, elopement, defiance, physical aggression

Why Do These Behaviors Occur?



- Sensory seeking
- Escape or task avoidance
- Attention-seeking
- Tangible - access to items/activities

Reactive vs. Proactive




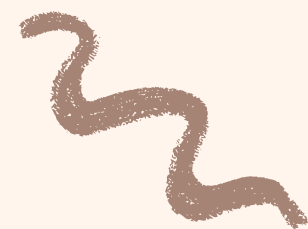

Educators and Parents model calm, consistent behavior and emotional regulation.

Educators and Parents create clear routines and use reminders to guide children.

Educators and Parents role includes promoting positive reinforcement and co-regulation.



Clear Expectations

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- Use visual schedules and consistent rules to set clear routines.
 - Communicate expectations clearly and refer to them regularly.
 - Predictable environments support children's confidence and behavior.

Reinforcement

- Praise specifics “I like your calm hands”
- Token systems or small tangibles (stickers, stars etc...)
- Class rewards (extra time at recess)

Environment Setup

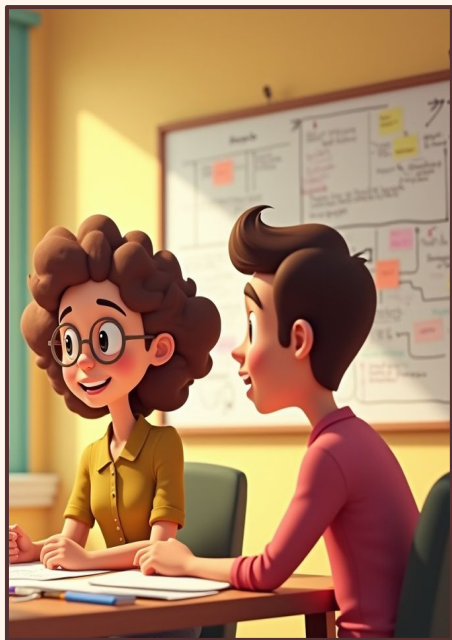
- Clear zones and exits
- Reduce overstimulation
- Engaging, accessible materials



Consistency Across People and Places

- Predictability Reduces Anxiety
- Unified Language Reinforces Teaching
- Parents and Educators Feel Empowered and Supported
- Consistently promotes Lasting Behavior Change

Family Communication



- Align routines, language, and expectations across settings.
- Support families in reinforcing positive behaviors at home.
- Joint problem-solving enhances consistency and child success.




Scenarios





Reflection and Planning



- ➔ Which behavior(s) are you anticipating?
 - ➔ What's one proactive change you might try this week?
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Tools to Take

- Quick-reference handout
- Classroom environment checklist
- Sample scripts





Summary

- Teach expectations
 - Reinforce positives
 - Create supportive environments
 - Align staff/Parent responses
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