

# 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

# 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

- 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?



# Tools to Take

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



# Summary

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