

Behavior Blast Newsletter

Your quick guide to understanding behaviors

February 2022

Oppositional and Non-compliant Behaviors

Do not forget to consider skill deficits when investigating behavior patterns

Oppositional Defiant Behaviors:

uncooperative, defiant, and hostile toward peers, parents, teachers, and other authority figures. These typically look like your “my way” kiddos

Non-compliant Behaviors: any response that does not match the delivered instruction

Always consider the function, **WHY** are they engaging in these behaviors?

Strategies for Oppositional and Non-compliant Behaviors:

- Structure the environment so expectations are clear and known, no room for negotiation
- Give clear and concise directions
- Reinforce all positive behaviors
- Give classroom jobs and responsibilities-gives them some control
- Do not try and force compliance, this will result in a power struggle every time!
- Extinguish maladaptive behaviors, do not comment on what the student is doing wrong.

Strategies cont.

- Give structured choices
- Discover what reinforces the positive behaviors of these kiddos – could change frequently
- Reinforce all positive behaviors
- Use behavioral momentum – present a few really easy directions before presenting a more difficult one.
- **AVOID POWER STRUGGLES!**

13 WAYS to avoid POWER STRUGGLES

- 1 Develop a relationship early on.
- 2 Hide your frustrations.
- 3 Be kind and respectful.
- 4 Give the expectation and run.
- 5 Ignore what you can ignore.
- 6 Let the child get the last word.
- 7 Listen and validate.
- 8 Explain your reasoning
- 9 Give choice.
- 10 Be flexible.
- 11 Back out of a power struggle.
- 12 Compromise with a goal in mind.
- 13 Embrace the behaviors.