

antecedents

**think
of what happened
before the behavior*

Antecedents refers to what comes before. We commonly speak of these as triggers. You are more than likely familiar with some triggers that affect your child.

Was a demand placed? "Time to brush your teeth."
Was something removed? -Sibling took a toy, turned off tv-
Was something added? -Saw polka dots, heard loud noise-

In the next two pages we have addressed some antecedents to avoid, and antecedents to adopt. The antecedents to avoid are things not to do. Antecedents to adopt are a few suggestions to adopt into your everyday interactions.

Some of these suggestions may not work for your family or your child. That is okay!!! Take what you can use, and know that just by searching for more information, you are helping your child.

*not everything
works for
everyone*



antecedents to avoid



Assume your child knows what to do.



Expectations change in different environments. Remind your child what you expect of them so they are less likely to misbehave.



Call out to your child from a distance.



Tell your child important information face to face. They are more likely to retain the information if eye contact is made.



Give multi-step instructions, or ask multiple, quick questions.



Too many directions will be difficult to process and retain. Your child may only partially process and understand what was said.



Transition without warning.



Not knowing what to expect can bring on panic and high anxiety, always inform your child of an upcoming transition either visually or verbally.



antecedents to adopt



Provide a choice.



Allow your child to feel empowered, and encourage self-regulation by offering choices.



Be aware of the situation.



Consider and manage environmental and emotional factors.



Make expectations clear.



Clarify expectations at the onset of a task, let your child know what is expected.

every single time!



Provide countdowns for transitions.



Prepare children for upcoming transitions with more than one reminder.



Adjust the environment.



When possible, remove distractors, and provide snacks, breaks, and organization.



Be truthful.



Stay true to your word, be it countdowns or consequences, your child needs to be able to trust you.

