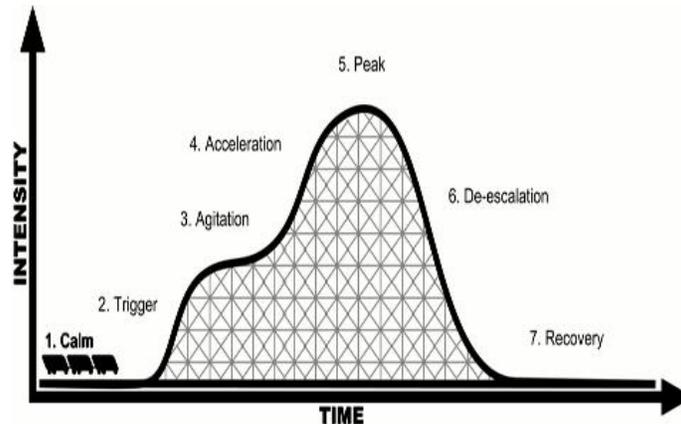**Learning Care group**

Riding the Behavior Rollercoaster

Have you ever wondered why your child's behavior suddenly has taken a turn for the worse or when trying to calm your child down the behavior escalates? There is no question that behaviors can be challenging, especially when you don't know why they happened or how to stop them.

Observe the behavior and try to identify what specific skills your child needs to build or strengthen. This will help you avoid riding the behavior rollercoaster.

Steps	Scenario	Prevention
1. **Calm:** Calm state of mind	Child playing with toys	
2. **Trigger:** Something that initiates the behavior	Child is asked to clean up toys	Know what triggers your child's behaviors. Provide warnings or offer a "save shelf". This is a safe place where children can leave their toy until it is time to play again.
3. **Agitation:** Intensify the behavior	Child continues to play and you remind them it's time to clean up again	Say: "It's up to you to pick one of the choices." This will help them feel in control. As well as practice self-regulation skills.
4. **Acceleration:** Behavior rapidly intensifies	Child yells "no"	Remember, if you see that they are getting upset, the more you push the faster they will climb the rollercoaster. Try waiting a few moments.
5. **Peak:** Elevated state of mind- Emotions are high and hard to control	Child throws toys across the room and has a tantrum	To prevent the behavior from climbing further, take a step back and safely observe what skills your child may need (For example: Self-regulation, coping skills, etc.)
6. **De-escalation:** Specific skills are used to self-regulate, calm, and cope.	Child takes deep breaths and regulates their emotions.	Depending on how high the behavior has peaked and if your child has the necessary skills to pull themselves out of this state of mind, it could take some time. Be careful not to repeat steps 3 and 4.
7. **Recovery**	Child picks up toys	Provide Positive Reinforcement this will help remind the child of the appropriate behavior and your expectations.

Positive Behavior Support
RESPOND • REFRAME • REINFORCE