



## Handling Unwanted Behaviors

Redirecting **negative behaviors** to **positive ones** requires **clear guidance, consistency, and modeling**. Use these strategies to pivot toward **desired behaviors effectively**.

---

### Reframe the Negative

Instead of focusing on **what NOT to do**, tell your child **what TO do**.

✗ **Instead of:** *"Stop yelling!"*

✓ **Try:** *"Let's use a quiet voice so I can understand you."*

✗ **Instead of:** *"Don't throw your toys!"*

✓ **Try:** *"Let's keep our toys safe by placing them down gently."*

✗ **Instead of:** *"No running!"*

✓ **Try:** *"Let's walk with calm feet."*

---

### Use When-Then Language

Setting **clear expectations** helps children **follow through** without feeling controlled.

✓ *"When you put your shoes on, then we can go outside."*

✓ *"When your homework is finished, then you can watch TV."*

✓ *"When we clean up our toys, then we can play a new game."*

---

### Practice & Model the Right Behavior

✓ **Role-play appropriate responses** – Act out how to handle **frustration calmly**.

✓ **Provide alternatives** – *"If you're upset, you can take deep breaths or squeeze your stress ball."*



✓ Praise **attempts to improve** – *“I saw you use calm words when you were upset—that was great!”*

## **Empower • Educate • Elevate**

Redirecting behavior builds skills, not just compliance.

---

### **Need Personalized Behavior Strategies?**

Book a **free 30-minute consultation** to develop effective strategies tailored to your child's needs.



[Schedule Here](#)

 **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

 **Website:** [TrottaLearningSolutions.com](http://TrottaLearningSolutions.com)

---

♥ Which strategy will you try first? 

*Warmly,*

*Tom*

