State behavior expectations positively. For example, say "use walking feet" instead of "no running."

Choose 3-5 appropriate behaviors your child can engage in without support.

Examples: Keep your body calm; Use listening ears; Clean up your space

Create a visual for each expected behavior. Post them around your home and refer to them often.

Review the expectations daily and provide examples and non-examples of the expected behaviors.

You're keeping your body calm while you play. I'm proud of you.

Model and practice the expectations with your child using consistent language.

Provide positive descriptive feedback often to increase the likelihood of that behavior in the future.

Scroll down for more resources!

Point to visual and say, "remember, we use walking feet inside to stay safe."

When it's time to clean up, show your child the visual and clean up one toy. Describe what you're doing. Then say, "it's your turn to clean up."

For more information about this prevent strategy, click here.
Gentle hands
Calm body
Walking feet
Listening ears
Quiet voice

Safe choices

Use kind words

Take turns
Use the boxes below to create your own visuals.