**Catch Them Being Good!**

*What are behaviors you want to see less of*
- Think of behaviors that are problematic and frequent
- You can also think of specific times of the day such as bedtime

*Select targeted behaviors you want to encourage*
- Think of some positive behaviors you want to encourage in place of the difficult behavior.
- You may need to teach some new behaviors, and you may also be surprised to realize that your child does sometimes use the more appropriate, positive behaviors
- How could you acknowledge and encourage the positive behaviors through positive feedback sometimes called positive, descriptive acknowledgement (PDA)?

*Start “Scanning for Success” rather than “Looking for trouble”*
- Let your child know that you are going to start looking for the desired behavior
- Then watch and “catch them being good” through Positive Feedback!

*Ideas can be found in the handout “Tell Me What To Do Instead!”*

<table>
<thead>
<tr>
<th>Challenging Behavior</th>
<th>The Behavior You Want</th>
<th>What to Say When You See the Desired Behavior: Positive Feedback</th>
</tr>
</thead>
</table>
| Screaming to get what she wants           | Showing you what she wants             | • Wow! You pointed at the refrigerator. You must want something inside. Let’s go look together.  
• When you raise your arms up, I know you want me to pick you up. That is helpful. |
| Hitting brother when sitting nearby       | Using gentle hands and playing together | • You and your brother are having fun playing together. You are using gentle hands.  
• Looks like you two have figured out how to sit together in that space. You are playing with such gentle hands. |

Used in the CA CSEFEL Teaching Pyramid Framework 2016