

Strategic Plan of Action for Managing Challenging Behaviors

The chart below contains a strategic and integrated approach to addressing challenging behaviors. While the direct strategies and techniques you use may vary, the thought and planning process reflected below should be used.

Guidelines for Addressing Challenging Behaviors

<p>Safety and Initial Information Gathering</p>	<ul style="list-style-type: none"> • Stop behavior so that everyone is safe (Only for Disruptive Behaviors) • Gather information about athlete • Gather information about what happened before, during and after • Talk to parent or guardians if needed
<p>Initial Approach (immediate actions)</p>	<ul style="list-style-type: none"> • Encourage athlete • Give reassurance • Make task easier • Adjust or set amount of repetitions or time • Give simple short instructions • Give "First" and "Then" instructions • Give physical support or cues • Make activity less formal and more playful • Allow athlete to observe and get familiar
<p>Planning (prior to next session)</p>	<ul style="list-style-type: none"> • Talk to parents or guardians • Gather further information about athlete and tasks that seem to be triggering challenging behaviors • Consider athlete perspective on difficulty, equipment, motivation, structure, duration, environment, surrounding people, and other personal factors
<p>Strategies to Consider</p>	<ul style="list-style-type: none"> • Build a relationship with athlete • Keep activities structured • Use consistent language • Mix challenging activities with some of the athlete's favorite – use that as motivation • Use a visual schedule to create structure • Give breaks (quiet or movement) • Try new starting point and progress slowly • Build athletes confidence • Use ideas form "Initial Approach"
<p>Check-in and Assess</p>	<ul style="list-style-type: none"> • Talk to parents/guardians • Talk to other coaches or volunteers who may work with the athlete • Determine if approach is working
<p>Next step</p>	<ul style="list-style-type: none"> • If you are having success discuss how to progress athlete and slowly take away supports • If you are not having success discuss with coaches and family about what may work better and develop a new plan