



Behavior Management: A Better Place to Start

Practical positive support for parents, teachers, and direct-support professionals

Build useful skills, support better choices, and make everyday interactions work better.

SHAD EDDIE MONGRUE

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01

Start With What Works

Behavior support is about more than stopping a problem. It helps create conditions where people can learn, take part, and succeed. You can begin with practical steps today.

- ◆ PBIS practices have been associated with fewer office disciplinary referrals in schools¹.
- ◆ An equity-focused PBIS approach has been associated with reduced racial disparities in school discipline¹.
- ◆ PBIS brings together universal, group, and individualized supports to promote positive behavior and student outcomes¹.

These ideas point to a useful shift: look at the setting and support around a behavior, not only the behavior itself. You can use that perspective at home, in a classroom, or while supporting someone in daily life. Start by making expectations clear, noticing what helps, and choosing a steady response. You do not need a perfect plan to begin. Next, make one everyday routine easier to navigate.

INSIDE THIS BOOK

You will try a quick action, learn core ideas behind positive support, and follow a starter plan. You will also explore ways to use these skills thoughtfully in daily life and at work.

02

Make One Routine Easier

Choose a routine that often feels difficult and make the next step easier to understand. A small, clear change gives you something useful to notice.

- ◆ Pick one situation, such as starting a task or moving from one activity to another.
- ◆ Describe the action you want to see with clear, observable words.
- ◆ Notice what happens just before the routine and what support could help.
- ◆ Plan how you will calmly acknowledge the action when it happens.

Instead of writing “be respectful,” name the action that would show respect in that moment. Say the expectation calmly before the routine begins, or put it where it is easy to see. Then notice what happens without treating the effort as a test. If the plan does not fit, adjust the expectation or support and try again. Next, connect this quick win to the ideas behind positive support.

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3 Build Support That Fits

4 Try a Seven-Day Plan

5 Use Skills With Care

6 Your Next Steps

BY THE END OF THIS SHELF, YOU WILL

- ◆ Describe clear, observable expectations
- ◆ Choose supportive next steps
- ◆ Notice context and reflect on results
- ◆ Communicate about behavior support
- ◆ Find a path to deeper learning

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1 **Regional Educational Laboratory Northwest (WestEd)**, Positive Behavioral Interventions and Supports (2022). https://nces.ed.gov/sites/default/files/migrated/rel/regions/northwest/pdf/Handout18_BehavioralInterventions.pdf