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Positive Behavior Strategies That Work



Dear Triumph ABA Parents,

Every child wants to do well — they just need the right tools, support, and encouragement to get there. For children with autism, navigating daily expectations and emotions can sometimes be overwhelming, which is why positive behavior strategies are so powerful.

These strategies help us move away from focusing on what's “wrong” and instead build on what's working. By understanding the reasons behind behaviors and reinforcing positive actions, we empower children to feel capable, confident, and connected. In this issue, we'll explore simple ways to create a positive, structured, and nurturing environment at home — one that encourages growth through patience, praise, and understanding.





Tips for Encouraging Positive Behavior at Home



Reinforce the Good, Not Just the Absence of the Bad

Praise behaviors you want to see more of — sharing, waiting, using words — and be specific! Try: “I love how you waited for your turn,” instead of just “Good job.”



Be Consistent and Clear

Children on the spectrum thrive when routines and expectations are predictable. Use visual schedules or “first/then” boards to help your child know what’s coming next.



Teach, Don’t Just Tell

Every challenging behavior is communication. Teach your child a new way to express what they need — like pointing to a “break” card instead of crying or shouting.



Stay Calm — They’re Watching You

Model calmness and problem-solving. Your child learns emotional regulation by watching how you handle frustration.



Offer Choices

Let your child feel in control by offering simple choices (“blue cup or red cup?”). Choices build confidence and reduce power struggles.



Use Natural Consequences

If a child spills after being reminded, having them help clean up teaches responsibility — without punishment.

NEWSLETTER

Books

TO
CHECK
OUT

The Power
of Positive
Parenting
by Glenn
Latham

The
Whole-Brain
Child by Dr.
Daniel Siegel &
Tina Payne
Bryson

Beyond
Behaviors
by Mona
Delahooke



Quote of the month:

**When a child feels seen,
they learn to see
themselves as capable.**

— Dr. Ross Greene, author of *The Explosive Child*

