

# BEHAVIOR

A QUARTERLY NEWSLETTER OF THE NEUROBEHAVIOR H.O.M.E. PROGRAM

## “Trigger”

A trigger is something that happens inside a person or outside a person. Internal causes can be tiredness, hunger, pain, and emotions (e.g. fear, anxiety, embarrassment, and confusion), etc. External causes can be noises, demands, temperature, crowds, lack of choice, people, changes, belongings taken, etc. If triggers go unnoticed a person may escalate and respond by acting out. The Trigger Management Process is a tool to teach your child how to manage her/his behaviors.

## The Trigger Management Process

The Total Transformation Program by James Lehman, MSW

Published by the Legacy Parenting Company.

- A. Diminish the potential** – When possible avoid triggers. For example, if your child dislikes crowds, avoid going to the mall during the busy times of the day.
- B. Manage the situation** – Teach your child how to escape high risk situations. Give him/her the skills to say or sign, “I need a break” or know when to walk away, then the child can use a relaxation skill to calm down.
- C. Identify the trigger thought** – Acting out is usually triggered by a person’s perception about what is happening. A child may perceive one thing that is different from what their caregiver is doing. For example, a child may throw a tantrum while getting put to bed because caregiver forgot part of routine to read a book before bedtime.
- D. Constructive self-talk** – Teach your child to use positive self-talk, such as “I can do it.” “It will be okay.”
- E. Simple plan** – Plan ahead! Keep it simple with one or two steps. For example, if your child typically gets angry at the grocery store, plan ahead to allow them to take a short bathroom break.
- F. Communicate** – Tell other caregivers/teachers about the child’s plan, so they can follow it too.
- G. Implement** – Once a child has a plan to manage triggers, start immediately with implementation and be consistent!
- H. Move on** – Don’t get stuck on what went wrong. Focus on what is working and move on.

### **Remember!!!**

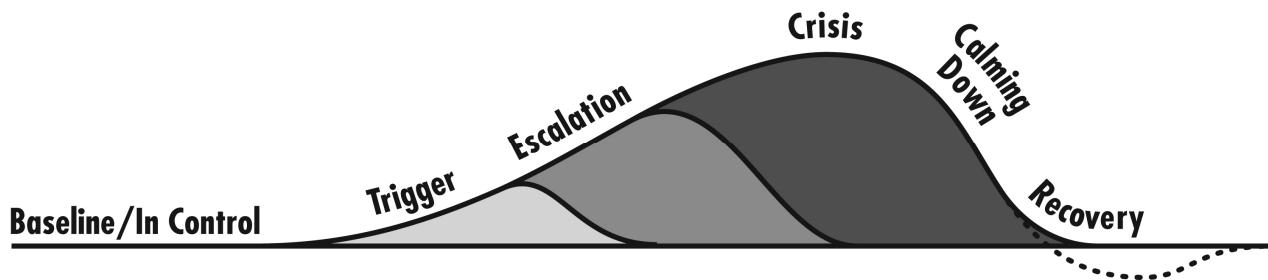
“Unacceptable behavior is most often caused by perceptions of powerlessness, unfairness and fear.”

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# REMEMBER TO HAVE FUN!!!

## Fun activities to do with your kids to keep them active and avoid triggers:

1. Board games (e.g. Candy Land, Sorry, Chutes n' Ladders)
2. Cards games (e.g. UNO, Go Fish, Old Maid)
3. Having children help cooking (e.g. pudding in a bag, cupcakes, cookies)
4. Fun faces in the mirror
5. Charades
6. I Spy! (this can be done anywhere)
7. Flashlight animals
8. Hide n' seek
9. Tag
10. Build indoor tents and forts
11. Arts & Craft projects; paper air planes, paper bag puppets, greeting cards
12. Dress up!
13. Indoor/outdoor picnic
14. Holiday decorating
15. Playing ball



### ***Remember!!!***

Make “FUN” a priority!  
People are less likely to enter the crisis cycle when they are having fun.

