

CLEAN-UP

<p>Why might the child be doing this?</p> <p>Your child has not finished doing the activity.</p>	<p>What can I do to prevent the problem behavior?</p>	<p>What can I do if the problem behavior occurs?</p>	<p>What new skills should I teach?</p>
<p>Your child might not want to clean-up.</p> <ul style="list-style-type: none"> • Use a timer -- Set timer, and allow child a minute or two to finish. • Save special projects for later -- Place unfinished projects/activities in a special place to finish later; let your child know when unfinished projects/activities will be rescheduled. • Help your child learn to control anger -- Use the "Turtle Technique" with visuals and puppet to discuss and model "anger control". Assist your child with understanding what is not available and how to think of a solution. Read <i>Tucker Turtle Takes Time to Tuck and Think</i> (printable story under "practical strategies" on website www.csefel.uiuc.edu). • Use a "warning" -- Give your child a cue as to when it will be time to clean-up (2 more times; 5 more minutes; 3 more turns, then time to clean-up for next activity). • Use a fun cue -- Cue to clean-up with song, bells, lights off. Then, go over directly to cue your child. • Get a book about cleaning up -- Go to your local library or book store, get a book about cleaning up, read it with your child a regular basis, and allow him/her to read it to you. (Suggested story book: <i>Maisy Cleans Up</i> by Lucy Cousins.) • Play a turn-taking game -- Take turns cleaning up with your child. Say, "First I put away a train; then you put away a train." Also visually cue where to put the train by pointing to the container or shelf. • Point out who's cleaning -- Praise sister/brother/friends who are cleaning up. "Look how Tim put the car in the bin," "Sammy is helping her friends put away blocks," "Wow, Vin put the book on the shelf," etc. • Turn clean-up into play -- Use a toy scoop truck or small sand shovel to scoop up the small pieces and dump into the truck/bucket, and then transport to the toy bin. Sing or dance while you clean-up. • Modify your expectations -- start with asking your child to clean-up a limited amount of items, e.g., "You put the books in the basket", and then praise. The next day have the child select two items or more items to clean-up; gradually increase your expectations. • Use verbal first-then cue -- Say, "First, clean-up; then (choice of preferred activity/item)." 	<ul style="list-style-type: none"> • Remind your child that he/she can finish later, and tell him/her when. • Validate feelings, "I know you want to finish. We can finish _____." Show on calendar, or tell when can be completed later. "Let's put your work _____ (special place)." • If angry, re-cue to use "Turtle Technique" by showing picture steps from story, demonstrating how, and help him/her through the steps. • Ignore inappropriate behavior. • Point out "super cleaner-uppers", e.g., other parent, sister/brother, friend, and quickly praise the child if imitates. • Using verbal first-then statement remind child, "First clean-up; then (choice of preferred activity/item)." • Redirect to area and model clean-up through turn-taking. • Model the "fun way to clean-up," show how to scoop, and dump into bin. 	<ul style="list-style-type: none"> • Teach the child to finish in allotted time. • Teach the child to place work in special place to finish later. • Teach the child to use the "Turtle Technique": recognize feeling of anger, think "stop", go inside "shell", and take 3 deep breaths, think calm, and think of a solution. • Teach your child to follow verbal "first-then" cue. • Teach your child how to imitate cleaning up. • Teach your child to clean-up through turn taking. • Teach child how to make cleaning up fun. 	



CLEAN-UP (CONTINUED)

Why might the child be doing this?	What can I do to prevent the problem behavior?	What can I do if the problem behavior occurs?	What new skills should I teach?
<p>Your child might not have realized that clean-up time was coming up.</p>	<ul style="list-style-type: none"> • Give child "warning" -- Tell your child clean-up is coming up, and then use a countdown signal (For example, 2 more times; 5 more minutes; or 3 more turns, then time to clean-up). • Use a fun cue -- Cue your child to clean-up such as a song, bell, or lights off. Then, go over directly to cue child individually. • Use verbal first-then cue -- Cue child individually by saying, "First clean-up, then (next activity)." 	<ul style="list-style-type: none"> • Verbally re-cue using first-then statement. Say, "First, clean-up, then outside." • State "all done play" while repeating fun cue, "Do you need help, or can you clean-up on your own?" Help child if needed, and immediately praise. • Validate feelings, by saying, "I see clean-up is hard," and remind when your child can do the activity again. 	<ul style="list-style-type: none"> • Teach the child how to clean-up. • Teach the child how to imitate cleaning up like parent and/or friend. • Teach the child how to follow a fun cue, such as song, bell, lights off, to start cleaning.
<p>Your child likes to dump.</p>	<ul style="list-style-type: none"> • Match the pictures -- Use visual photographs on shelf and material containers so your child will know where items belong. • Make baskets -- Provide a clean-up bin, such as a crate or laundry basket for developmentally younger children. • Make cleaning up fun -- Turn-take cleaning up with the child. Say, "First I put away a train, then you put away a train." Also cue visually where to put train by pointing to container or shelf. • Get a book about cleaning up -- Go to your local library or book store, get a book about cleaning up, read it with your child a regular basis, and allow him/her to read it to you. (Suggested story books: <i>Maisy Cleans Up</i> by Lucy Cousins; <i>I Am Helping</i> by Mercer Mayer; <i>Franklin is Messy</i> by Paulette Bourgeois.) • Encourage success -- Encourage the child as he/she participates in cleaning, even if it's just a little bit. Praise sisters/brothers/friends that are helping up. Say, "Look how Tim put the car in the bin," "Samantha is helping put away blocks," "Wow, Vin put the book on the shelf," etc. 	<ul style="list-style-type: none"> • Model or have sister/brother/friend model how to clean-up. • Point/pat with your hand where the item(s) go. • Say, "Let's take turns putting in the basket. Do you want to go first or me?" • Praise others for cleaning. • Prompt a sister/brother/friend to help the child clean-up. 	<ul style="list-style-type: none"> • Teach the child how to clean-up. Put in basket, and match label. • Teach the child how to imitate friends, sibling, or parent cleaning.



CLEAN-UP (CONTINUED)

Why might the child be doing this?	What can I do to prevent the problem behavior?	What can I do if the problem behavior occurs?	What new skills should I teach?
<p>Your child might want adult's/sibling's/friend's attention.</p>	<ul style="list-style-type: none"> • Take turns cleaning up with the child -- Say, "First I put away a train, then you put away a train." Also visually cue where to put the train by pointing to container or shelf. • Point out who's cleaning -- Praise children who are cleaning up. "Look how Tim put the car in the bin," "Samantha is helping her friends put away blocks," "Wow, Vin put the book on the shelf," etc. • Make cleaning fun -- Have child pick a helper or clean-up buddy, e.g., sister/brother, friend, or parent, where one carries the bin, and the other loads items in the bin and then he/she switches roles. • Use verbal first-then cue -- "First clean-up, then ride bikes with friends" as an incentive or use some other preferred activity/item. • Encourage success -- praise for cleaning up. Give high fives, thumbs up. 	<ul style="list-style-type: none"> • Ignore inappropriate behavior. • Point out if sister/brother/friend is cooperating, and quickly praise your child if imitates "Kirsten is cleaning up; wow what a helper." • Use verbal first-then cue to remind child: "First clean-up, then _____." • Remind child to gesture/ask for help from a parent, sister/brother, or clean-up buddy. 	<ul style="list-style-type: none"> • Teach your child to follow "first-then" cues. • Teach your child to clean-up through turn taking or with a buddy. • Teach child to gesture/ask for help either from adult, sister/brother, or buddy.

