SHOW HOPE

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TBRI ® Empowering Principles

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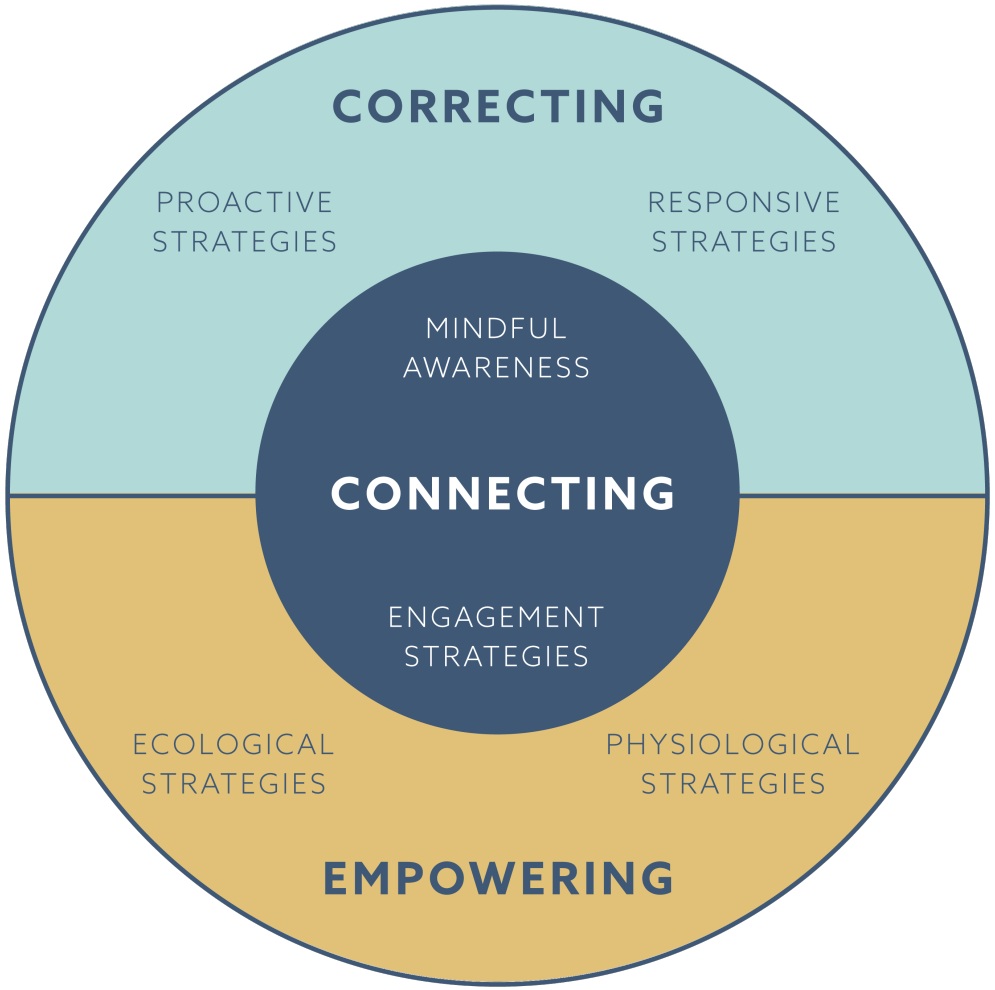

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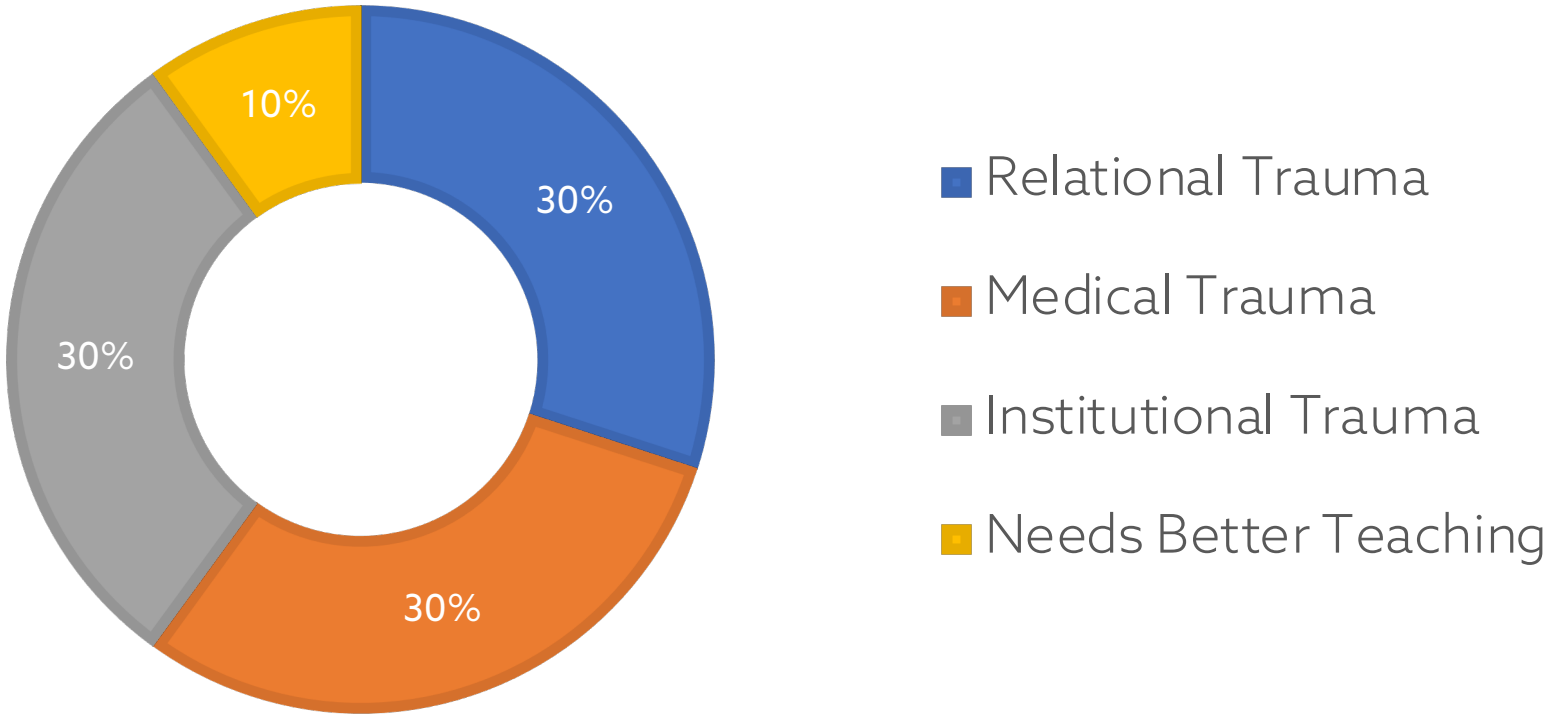
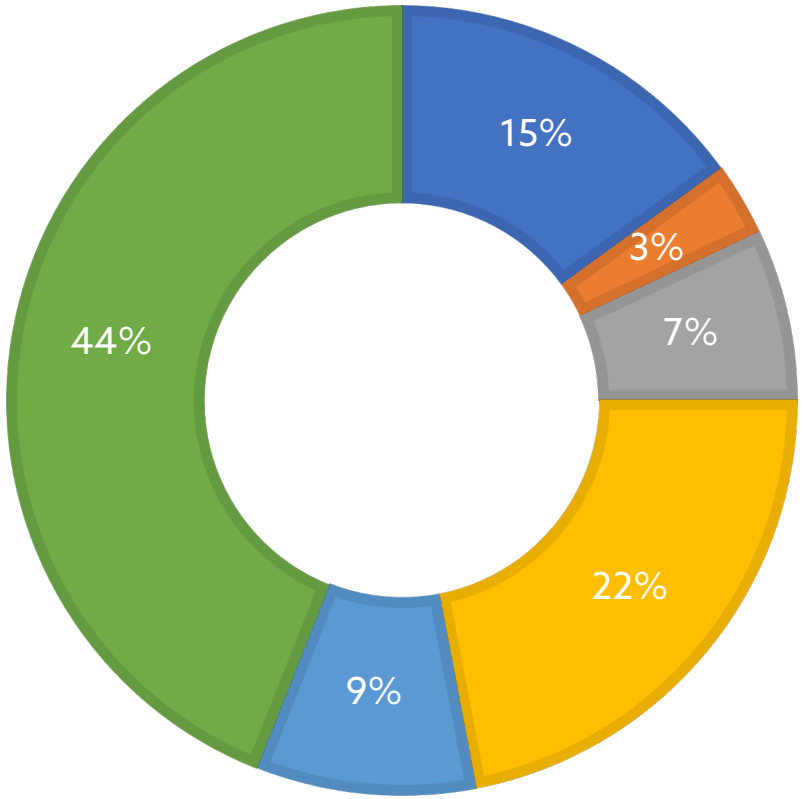
Empowerment Strategies

- Nutrition / Blood Glucose
- Hydration
- Sleep
- Physical Activity / Play
- Transitions

Why Bad Behavior Is Happening



What Is Driving Behavior?



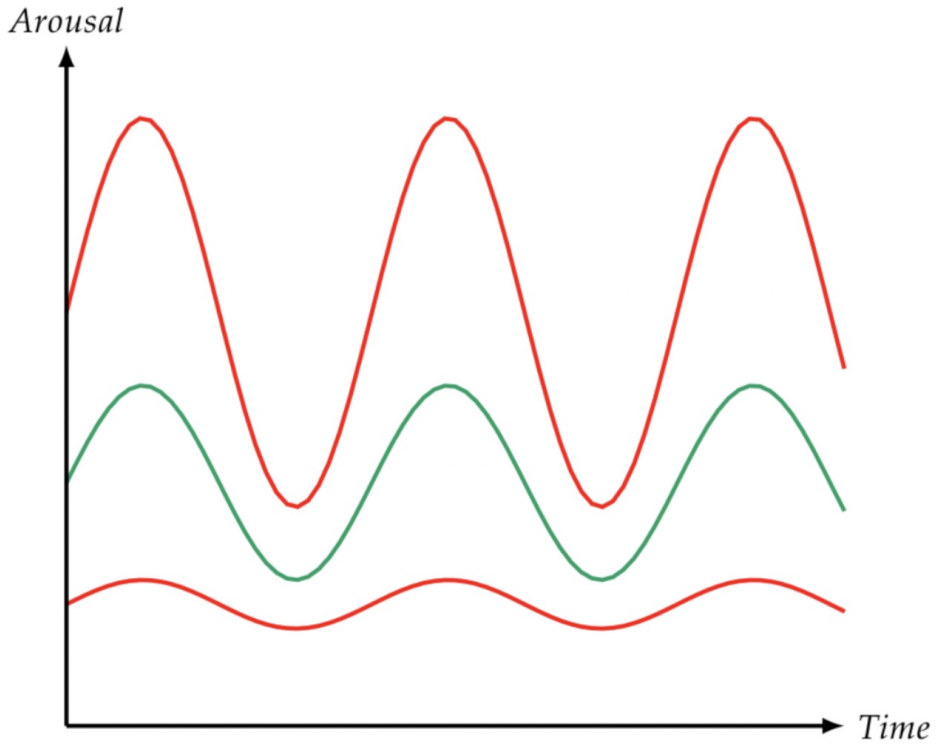
Laundry List of Bad Behaviors

- Fighting / Aggression
- Stealing
- Lying
- Disrespect
- Disruptive
- Sneaky
- Shut Down
- Checked Out

Physical Symptoms Related to Hunger, Dehydration, and Lack of Sleep

- Aggression
- Irritability
- Difficulty Regulating Behavior
- Poor Concentration
- Mood
- Depression
- Anxiety

Window of Tolerance



PROTEIN

- Pepperoni Sticks
- Teriyaki Jerky
- String Cheese
- Granola Bar
- Yogurt

SALTY

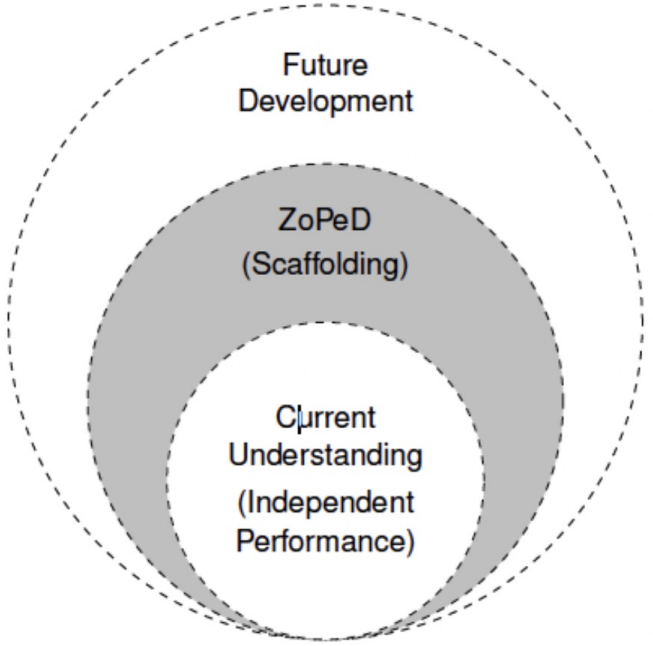
- Pretzels
- Crackers
- Popcorn
- Toast
- Carrots
- Bagels + Cream Cheese

SWEET

- Yogurt-Covered Raisins
- Dried Mangoes
- Fruit Snacks

Nutrition Strategies

- YES Drawer
- Fruit Bowl
- Fridge Section
- Car Snacks
- Cereal Bar

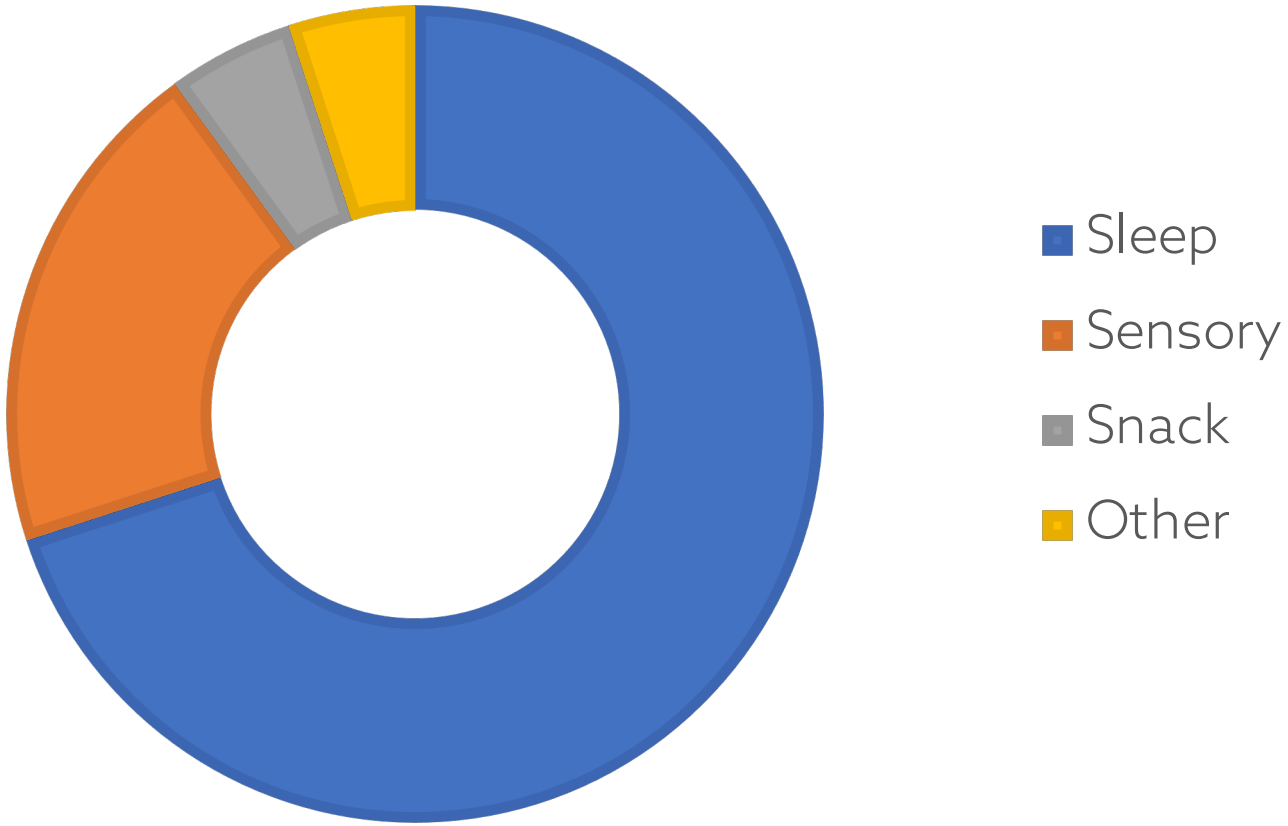


- Dinner Is for Connection

Hydration Strategies

- Water Bottles Everywhere
- Pair it With Something You Won't Forget
- Partner With Natural Transitions
- Cup Drawer and Stool
- Use the "Yes and…"

Kari's Issues



Sleep Strategies

- Touch: Hot bath or shower, scalp massage, back rub, weighted blanket
- Sight: Lamps or light lights
- Smell: Essential oils or monster spray
- Sound: Calm app sleep stories or audio book
- Snacks in Room: Basket with nuts and raisins, water near bed
- Quiet Company: Sibling or a pet

Pop-Out-Of-Bed Kid

- Tuck in
- Back in One Minute
- Set a Timer & Stay Near
- Back in 3 Minutes
- Back in 5 Minutes
- Back in 10 Minutes

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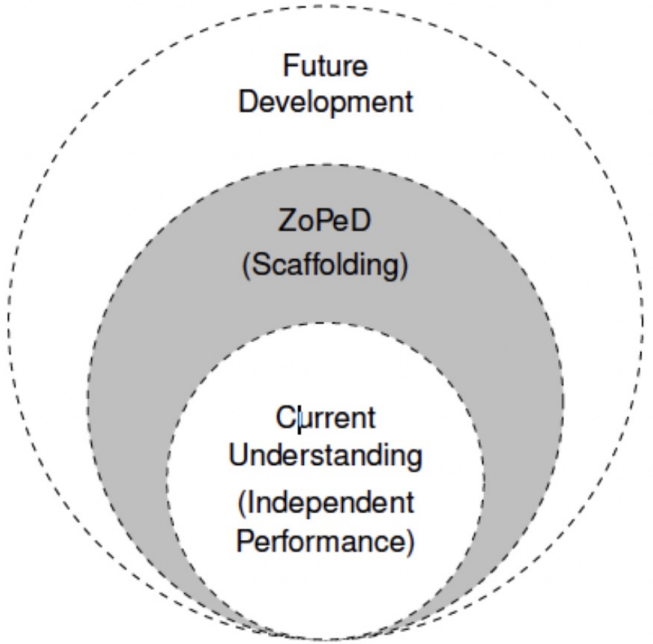
Transitions

- Meet Their Energy Level
- Co-regulate
- Novelty in New Space



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