



Challenging Behavior Tip Sheet: Leaving the House

"HELP!": When we go to leave the house, my child makes us late by taking too long to get ready to go.

What you can do:

- Decide which tasks are most important — are you having them do too many things by themselves?
- Have a routine setup- this means doing the same things each time. This will help the child know what to expect each time you need to go.
- Choose which things you will have the child do by themselves, or independently. Help with the others. Gradually increase the child's responsibility letting them do more things by themselves.
- Make sure there is enough time to complete the tasks they need to get done.
- With your child, draw a picture of each step the child needs to complete and post it by the door. If they forget what to do next, have them look at the pictures you drew together.
- Make sure to praise your child for each step they complete. Use specific praise — say, "I like how you _____." Kids will repeat behaviors that get attention.

