

# Harbor Regional Center

## Parent Training in Behavior Management

In parent training, parents or caregivers are taught how to increase their child's desirable behavior, reduce their child's undesirable behavior, improve parent-child interactions, and bring about a positive family atmosphere. Parents play a most important role in their children's development. Therefore, in parent training, parents or caregivers are trained to become their child's primary teacher(s) in developing appropriate behavior.

Parent training in behavior management is designed to empower families and caregivers to assist individuals with developmental disabilities who experience behavior challenges which interfere with:

1. clients being able to build critical and durable relationships with other people within their families and their communities;
2. clients being able to reside in living arrangements which are typical of those persons without developmental disabilities; and
3. clients having the right to health and safety for themselves and for those with whom they interact in their family and community.

Parent training can be effective in helping parents engage their child in positive interaction. Parent training may be effective for behavioral challenges which include, but are not limited to, difficulty cooperating with parents' requests, temper tantrums, fighting and aggression, stealing, self-injurious behavior, bedtime problems, and toilet training.

Parent training is offered in group or individual settings. The parent trainer teaches the parents how to carefully observe their child's behavior in order to understand why the individual acts the way he/she does. Parents learn to use a number of specific skills and techniques for improving their child's behavior, including, but not limited to, praise, positive attention, giving rewards and privileges, using natural and logical consequences, and rule-setting.

While the training may concentrate on one or two specific behaviors manifest at the time, the intended result is that the parents/caregivers learn how to apply the techniques, as needed. Therefore, in order to achieve success, the parent(s), caregiver and/or program staff must agree to assume responsibility in the implementation of the necessary techniques.

If parent training is indicated, Harbor Regional Center will purchase the service in a group setting whenever an appropriate group is available.

Harbor Regional Center may purchase parent training in behavior management only if all of the following criteria are met:

1. there is a significant behavioral challenge;
2. the family/caregiver would benefit from the support, and the family/caregiver is motivated and capable of carrying out a behavior management plan;
3. the family/caregiver agrees to assume responsibility in implementation of the necessary techniques;
4. the family is not eligible for an appropriate service which provides parent training in behavior management through a generic resource.
5. for clients in licensed homes, an assessment indicates that the client does not require more than short-term behavior intervention. If long-term services are needed such services should be provided by a licensed home with a specific behavior management intervention component.

When parent training in behavior management is provided, it should not exceed 40 hours over a period of 6 months.

All services provided under this policy must emphasize the use of positive, non-aversive interventions and are in compliance with Title 17, Subchapter, Sections §50800-§50823 concerning peer review of behavior management interventions that cause pain or trauma.