

The IDEAL Response®

The IDEAL Response® is an acronym that represents characteristics for a helpful, appropriate response to challenging behavior.

The IDEAL Response®

ImmEDIATE

DIRECT

EFFICIENT

ACTION-BASED

Leveled at the behavior, not the child

Immediate

- Respond within 3 seconds
- Learning occurs best when behaviors are addressed immediately

Direct

- Use techniques based on TBRI® *Engagement Strategies*
- For example, kneel to get on the child's level and use soft eye contact

Efficient

- Use only the amount of intervention necessary to get behavior back on track
- Over-responding may drive children into worse behavior

Action-Based

- Action-based learning is the most salient way to absorb knowledge.
- For example, guide children through a re-do

Leveled at the behavior, not the child

- For children from “hard places”, self-esteem is very fragile. Caregivers must make clear that children are not defined by their behavior (their behavior is not *who they are*).
- Correction should address the behavior at hand, *not* the child.