

3 STEPS TO A CALMER HOME

Starter Guide



How To Understand and Manage Behavior BEFORE It Escalates

By Moment of Behavior LLC





A personal welcome from

I am committed to supporting caregivers, parents, and educators through the practical implementation of behavior analytic strategies. With over eight years of experience in the field of Applied Behavior Analysis, I empower families and individuals to cultivate calmer, more confident caregiving practices that promote positive outcomes. I founded Moment of Behavior LLC to inspire and assist individuals in achieving their behavioral goals, not only for their families and children but also for themselves.

Kea Lee M.S., BCBA, LBA
FOUNDER & CEO

Starter Guide Overview

1 Understand the WHY

2 Use Calm, Proven Tools

3 Create a Calm Environment

"If daily behavior struggles feel exhausting, you're not alone. You deserve tools that work – even before formal services begin. As a BCBA and parent coach, I've helped families turn chaos into calm using the same 3 steps I'm sharing with you."

1st

Understand the WHY

Before we can change a behavior, we need to know why it's happening.

Behavior isn't random—it's a form of communication. When your child acts out, they're telling you something, even if they don't have the words yet.

Behavior is communication

Every tantrum, refusal, or burst of energy is your child's way of sending a message—about their needs, feelings, or environment. Instead of labeling the behavior as “bad,” ask: What is my child trying to tell me?

Use the included ABC chart to track one key

behavior Pick one behavior to focus on at a time—such as hitting, refusal, or bedtime resistance. Track it using the ABC chart provided in this guide. After a week, you'll see patterns that will guide your response.

Look for the triggers (Antecedents) and what follows (Consequences)

Behavior often follows a pattern: something happens first (the antecedent), the behavior occurs, and then something happens after (the consequence).

Example: *If your child screams when it's time to turn off the TV (antecedent), and you let them watch 5 more minutes (consequence), they've learned that screaming leads to more screen time.*





02.

Use Calm, Proven Tools

Once you understand the “why,” you can respond with strategies that encourage better choices instead of reacting in frustration.

- **Positive reinforcement works — small, consistent rewards shape success**
 - Children repeat behaviors that get them something they value—praise, attention, or a tangible reward. Use specific praise (“I love how you put your toys away!”) or a small reward (extra playtime, a sticker) to encourage the behavior you want. Consistency is the key.
- **Replace problem behavior with better alternatives**
 - Don’t just say “Stop that”—show them what to do instead. If your child grabs toys, teach them to say “Can I have a turn?” If they shout when upset, teach them to use a calm-down corner or a feelings chart.
- **Example: Praise calm transitions, model communication**
 - If your child moves from playtime to mealtime without a meltdown, notice and praise it right away. Show them how you handle frustration by narrating: “I’m feeling annoyed, so I’m taking a deep breath before I speak.”

Create a Calm Environment

Children thrive in spaces where they feel safe and know what to expect. You can reduce stress and problem behaviors by setting up the environment to work for you

- **Predictable routines reduce meltdowns**

- When kids know what's coming next, they feel more secure. Keep mealtimes, bedtime, and transitions as consistent as possible



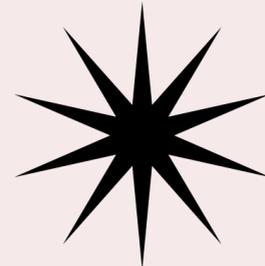
- **Visual schedules help with transitions**

- Use simple pictures or a whiteboard to show the day's activities. Cross off or move the picture after each task so your child can "see" progress.



- **You don't need a perfect system — small changes lead to big results**

- Start with one or two changes, such as a visual bedtime checklist or a morning routine song. Over time, these small steps build a calmer home and a more cooperative child



03.



Unlock Future Behavior Change

SCHEDULE NOW!

I'm here, eager to embark on this journey with you, side by side. If you're prepared to foster lasting behavioral changes in your home, please don't hesitate to get in touch and arrange your FREE Meet & Greet. I look forward to meeting you!

MOMENT OF BEHAVIOR LLC





Ways to Connect



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I am excited to embark on this journey with you!

yours truly,

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