



# Reviewing Expectations

## Shaping Positive Behaviour

### What Are They?

Expectation reviews are reminders of what specific behaviors are appropriate and acceptable and may include a list of rules, steps to do or even a description of what success looks like.

### Who Would Benefit from Expectation Reviews?

Children who have difficulty with:

- Applying one rule to different situations
- Remembering rules and how to act
- Engaging in a new activity, event, or situation.

### Why Remind the Child of Expectations for a Situation?

Some children with FASD may have difficulties with memory and generalization. Reviewing expectations can jog their memories and let them know what appropriate behaviors look like to help the child focus on being successful.

### Some Strategies for Reviewing Expectations

- Review expectations BEFORE going into the activity; coach DURING the activity; and praise your child AFTER the activity.
- Break your expectations into smaller steps. For example, instead of saying "Eat your dinner properly," talk about how you want to see him/her sit still, wait at the table until everyone is finished, OR clear their plate. This gives the child an understanding of their job. Focus on one step at a time!
- Example jobs include: eating dinner at the table, going for a car ride, doing homework, going to bed.
- Use visual reminders. Visual aids may be created to refresh the child's memory. This also provides a quick reference and allows for quicker recognition.
- Use fewer words and more visuals!
- Reinforce good behaviors by praising peers who are modelling good behavior.

Example: When visiting friends, you may use the following:



Sit



Use  
Inside Voice



Hands  
to Self

### TIPS FOR USE

- Remember that your expectations should match your child's capabilities during that time. What you expect and what your child can successfully do may be different things!
- Be consistent – make it true for everyone in the family.
- Be specific – make it easy to apply to situations by talking about what actions you mean and when.
- Be concise – use short, simple reminders.
- Be timely – try to review before, coach during and praise after.
- Do not use too much language. Visuals and gestures are also effective as reminders.
- Remind the child of past experiences with the activity to refresh their memory.
- Review expectations with the child before starting a new activity, and help them remember the steps to success.
- If a problem behavior starts, remind the child of your expectations before it gets out of hand – make it easy to succeed.



FOR MORE INFORMATION:  
1155 Notre Dame Ave.  
Winnipeg, MB R3E 3G1  
PHONE: (204) 258-6600

