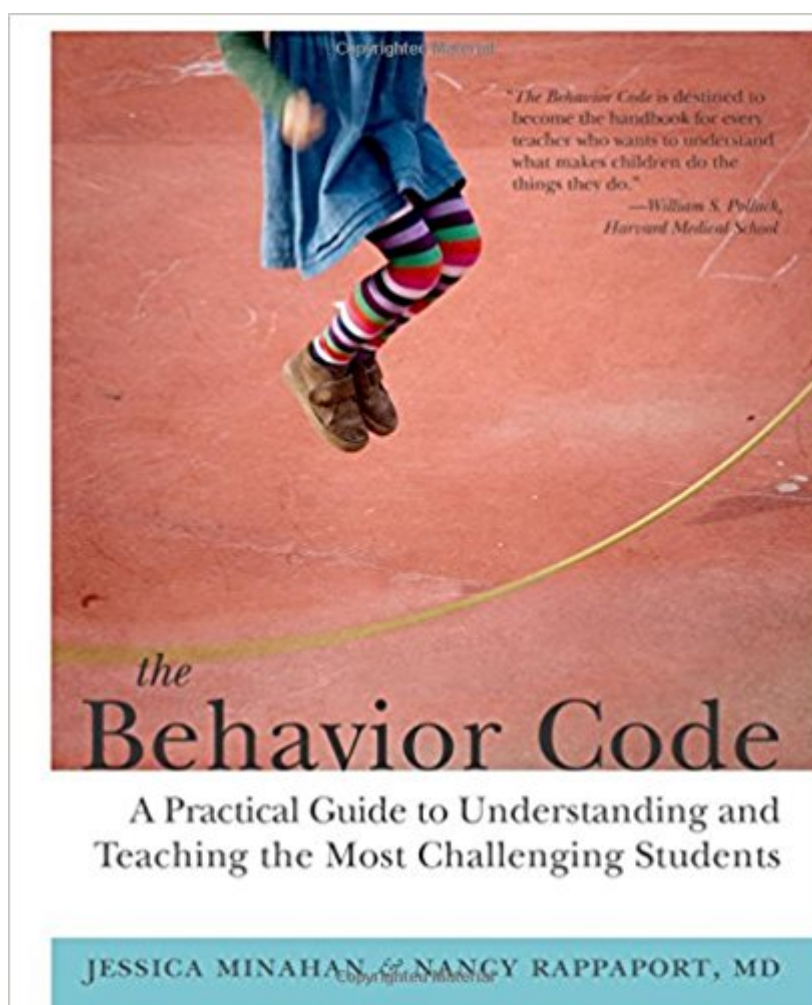


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# The Behavior Code: A Practical Guide To Understanding And Teaching The Most Challenging Students



## Synopsis

Based on a collaboration dating back nearly a decade, the authors— a behavioral analyst and a child psychiatrist— reveal their systematic approach for deciphering causes and patterns of difficult behaviors and how to match them with proven strategies for getting students back on track to learn. The Behavior Code includes user-friendly worksheets and other helpful resources.

## Book Information

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## Customer Reviews

“The Behavior Code needs to be read by all teachers, counselors, administrators, and parents! From cover to cover I felt Minahan and Rappaport were speaking to me, an elementary teacher and a mom. I felt they knew me, and knew those students who kept me awake at night.

Teachers, this book is written by authors who KNOW what our jobs are like.”

— Lorna d'Entremont, Special Needs Book Review  
“This text takes us one step closer toward blending the education and mental health worlds, extracting the best strategies from both, and applying them to challenging cases. As child psychiatrists become even more embedded in schools, consulting to some of the most challenging students, the resources in The Behavior Code are helpful, practical tools we can offer teachers with whom we work.”

— Sheryl H. Kataoka, Journal of the American Academy of Child & Adolescent

Psychiatry  
“This was an excellent book with really unique ideas on how to help children with challenging behaviors channel their energies in acceptable ways. This is the best book I’ve ever read on the topic, hands down.”  
— Teacher’s Toolbox

Based on a collaboration dating back nearly a decade, the authors of *The Behavior Code*—a behavioral analyst and a child psychiatrist—reveal their systematic approach for deciphering causes and patterns of difficult student behaviors and matching them with proven strategies that get students back on track academically. This book includes user-friendly worksheets and other helpful resources for applying the authors' approach. "Teaching is an art, but it's one that can be improved with science. Based on what we have learned in the field of psychology, *The Behavior Code* gives teachers the tools to transform the behavior patterns of some of their most challenging students. By using this essential book, teachers—instead of punishing or writing "off troubled students—can get them onto a path for success." —Geoffrey Canada, president and ceo, Harlem Children's Zone "The Behavior Code is truly a godsend. Concisely written and easy to read, this book offers a framework for creating successful behavioral plans. I predict that once teachers and principals begin to apply the authors' approach for understanding and changing problematic behavior, they'll never look elsewhere for help again. Buy it, read it, use it, read it again and again—and pass it on!" —William S. Pollack, associate clinical professor, Department of Psychiatry, Harvard Medical School "This book is an essential guide for teachers and school personnel who find themselves in daily contact with students presenting with difficult behaviors. The authors outline an intervention procedure that is easily implemented in a busy classroom with multiple demands. Too often, behavioral intervention plans require so much attention to detail that teachers soon decide to disengage. Not so with the FAIR plan. By providing clear instructions and helpful examples, the authors promote a plan that prevents inappropriate behaviors while reinforcing socially acceptable alternatives." —LeAdelle Phelps, professor of counseling/school psychology, University at Buffalo, SUNY Jessica Minahan is a board-certified behavior analyst and special educator who is currently employed in the Newton (Mass.) public school system as a district-wide behavior analyst. Nancy Rappaport is an assistant professor of psychiatry at Harvard Medical School and author of *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* (Basic Books, 2009).

This book is and exceeds everything I was hoping to learn about how difficult behaviors interfere with learning, and how to modify my teaching approach. As I embark on my new career as a teacher, I will be well-equipped to help students, with challenging behaviors, learn in a way that makes sense to them. During my student teaching assignment, I had a second grade student with a

diagnosis of Oppositional Defiant Disorder (ODD). My cooperating teacher (CT) told me that most of the typical positive behavioral reward strategies did not work and the child spent a lot of time in the in school suspension (ISS) room as a result of her outbursts. I had shared The Behavior Code with my CT but I think she was a little skeptical because I was "new." At any rate, once I began teaching full time, I put the FAIR plan into use as much as I could and I saw incredible results. We did have to work extra hard on social skills, too, because she had actually skipped first grade (IQ 140) so her maturity played a role in many of her negative behaviors at school. Once I began using the FAIR plan, this child became happy and free! She did not have to go to ISS for the rest of my student teaching assignment, nor did she lose any conduct points. The knowledge and expertise included in this book is immeasurable. I don't know what I would have done without it. Moreover, I am going to be one step ahead for when I get hired as a full-time teacher and have my fair share of challenging students.

As a parent, I believe that all kids feel anxious, angry, or depressed occasionally. School can be tough on bad days, but we need help at home, too. The Behavior Code methods may be designed for the schoolroom, but I am so happy to have something to try at home, too! Just a couple of tips have helped already! Every parent can use this advice. We want to do everything we can to help our kids and give them good life tools. This book really helps.

I heard Jessica Minahan speak at a conference this summer; I ordered her book right after the keynote. The book is an excellent resource, aimed at teachers with practical ideas about to change one's own behavior toward challenging students to help them achieve more-expected classroom behavior. I have spoken so highly of the book that others have bought it on my recommendation.

I stumbled upon this book after researching ways to help my students during my student teaching group. All of my classes behavioral issues are described in the book. I knew going into my student teaching experience that it would be difficult, however I was not aware at how hard it would be to manage all of the extreme behavioral issues AND teach the entire class at the same time (when the class ends up evacuating the room multiple times per week). I just received this book so have not implemented the strategies yet, but I feel so much more confident knowing that I could possibly turn these kids years around!

This book has made such a positive impact on my family. The strategies and tools that are taught in

this book can be used universally in schools and home. They can be easily applied by teachers and parents. I am so thankful for the validation this book gives to children suffering with anxiety. It should be a staple in training all public school staff members. If you have or know a child suffering with anxiety this book is a must!

This book is an excellent resource. Although I am not a teacher, I am a parent of a child with anxiety and the tips and suggestions in this book has been so helpful. This book was so good that I bought a copy for my son's school so that all the teachers had the opportunity to use it as a resource.

A must read for anyone working with children

Working with children with challenging behaviors is hard work in a school setting. I thought it was a really pragmatic and realistic approach of what can be achieved in a school setting.

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