

Cycles of change



A consistent strengths focus can lead to positive outcomes for all kids in out-of-home care (OOHC). Positive behaviour support (PBS) focuses on building kids' strengths to develop new skills. These skills help to reduce behaviours of concern.

Using a strengths-based approach helps us:

- focus on what can be added to kids' lives, rather than what has to be taken away
- build positive relationships with them.

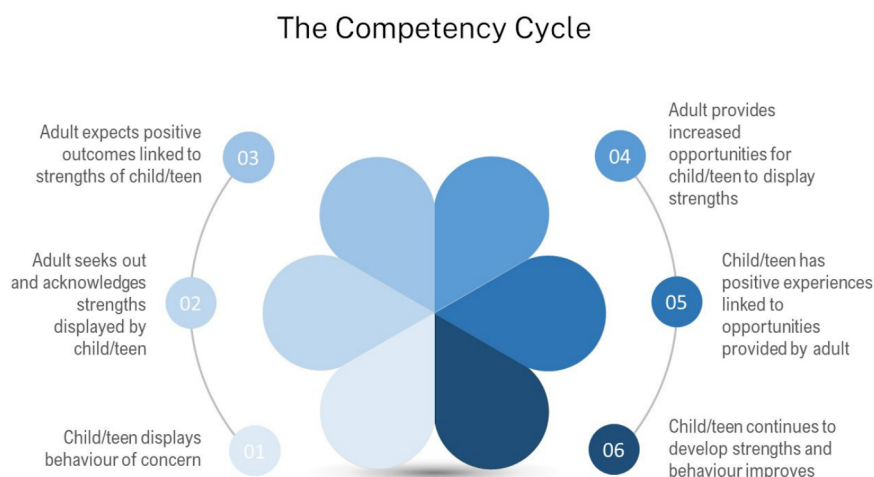
Work with kids and those that support them to identify their strengths and goals. Focus on:

- activities they like doing
- things they are good at
- what they like about themselves
- what others think they are good at
- what others like about them.

This information forms part of a holistic picture of the child/teen, and provides a platform for effectively building new skills. Knowing kids' strengths and goals means you can build on them, which will make positive change more likely.

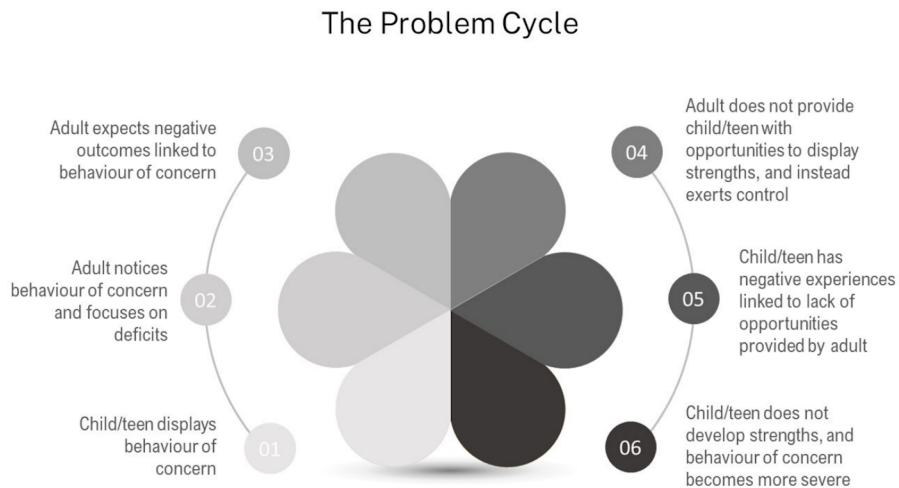
The Competency Cycle

All kids have strengths. When an adult perceives and encourages these strengths, rather than focusing on behaviours of concern, positive skill development is more likely to occur. This is known as the Competency Cycle.



The Problem Cycle

Of course, the reverse is also true. When an adult focusses on problems or challenging behaviours, the outcome is likely to be negative. This is known as the Problem Cycle.



The Competency Cycle and Problem Cycle illustrate why positive reinforcement and skill building are vital - especially for kids in OOHC. It's crucial to identify, focus on and encourage strengths to effectively support positive change.