What is redirection?
Redirection can be defined as “the action of assigning or directing something to a new or different place or purpose.” In terms of behavior, it is a way to redirect your child’s behavior from “inappropriate to appropriate.”

Why is redirection important?
Many times, as parents or caregivers, we tell children what they should not do, but do not give an appropriate action or response in its place. It is important that we look at the child’s behavior and what they are trying to accomplish in order to give them a positive outlet to express their emotions. Redirection is a beneficial way of managing your child’s behavior. It draws attention to the behavior at hand, gives a consequence for negative behaviors, sets expectations, and offers a positive behavior in its place. Parents will have the opportunity to create “teachable moments” and respond less from an emotional standpoint.

According to YAI’s “Project Intervene and At-Home Behavior Management” program, there are 6 steps you should take when redirecting your child. These steps will ensure that you are getting your point across and setting clear expectations. It is important that you follow these steps every time and be consistent. With consistency, change can occur.

1. Look at your child.
2. Remain physically close.
3. Use a stern facial expression.
4. Make a brief, limit-setting statement.
   “First, you do ________, then you may ________.”
   “Either you do ________ or ________ will happen.”
5. Keep your voice at a low volume and low intensity.
6. Use effective praising and redirect your child to another positive behavior.

Source: YAI Project Intervene and At-Home Behavior Management