

Tamara Braxton, M.Ed Long Bio

Tamara Braxton, M.Ed., is an educator, behavior specialist, parent mentor, and founder of BradAlTon Behavior Institute who translates behavior science and research into practical, effective strategies for parents and behavior intervention teams.

With more than 20 years of experience in education and current experience working on a middle school behavior intervention team, Tamara brings together research, professional practice, and real-life application. As a mom herself, she doesn't just teach behavioral strategies, she has had to use them in the everyday moments of parenting when emotions are high, expectations still have to be held, and the relationship matters just as much as the response.

That combination shapes the way Tamara approaches behavior. She understands what research says about why behavior happens, sees how behavioral patterns play out with students in school, and knows what it feels like to apply those same principles at home when you're the parent in the middle of the moment.

Tamara's work helps adults move beyond simply asking, "How do I stop this behavior?" and begin asking better questions: What's underneath it? What is maintaining it? What skill might be missing? How might my response be affecting what happens next? And what can I do differently without abandoning expectations?

She is the creator of Middle School Mayhem™, a parent education platform that helps families navigate the behavioral and relational challenges of the middle school years. Through research-based education, practical tools, and real-life strategies, Tamara helps parents better understand power struggles and escalation, avoidance and motivation, big emotions and reactive behavior, conflict and connection, and why behavior may look different across home and school.

Tamara is also the creator of SUCCESS in ISS™, a behavior intervention framework designed to help school-based intervention programs move beyond simply removing students from the classroom and use intervention time to develop self-awareness, accountability, replacement behaviors, and skills students can carry back into the school environment.

Her approach is grounded in a simple principle: knowing the science isn't enough if people don't know how to use it.

Whether she is working with parents or behavior intervention teams, Tamara makes behavioral research understandable, relevant, and actionable, connecting what the research says, what professionals see at school, and what families actually experience at home.