

Managing Behaviors at Home



SEAC Parent Workshop
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Whitney DiBenedictis



Agenda

- *Functions of Behavior & the “ABC’s”*
- *Create a Tool Box w/ways to manage behaviors:*
 - Routines & Schedules
 - Token Economies & Reward Charts
 - Forced choice
 - First/Then Charts
 - Redirection
 - Reinforcement
 - 1-2-3 Magic
- *Using your “Tool Box” to Regain Control*



Functions of Behavior

- Attention Seeking
- Communication
- Escape
- Self-Directed
- Sensory





ABC as Easy 1-2-3

Know the Function!

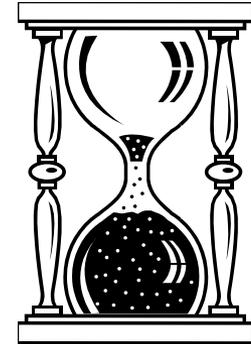
- **Ask Questions** (this event prompts the behavior)
 - Be the detective & find the reasons for behavior
 - Who? What ? Where? When?
- **Behavior** (this is the response to the event)
 - What is your child's behavior?
- **Consequence** (effects the chances of the behavior happening again)
 - How do you respond to your child's behavior?
 - Consequences are positive or negative

Making the Connections

Function	What does the behavior look like?	Ask Questions	Examples
Attention	verbal, physical	Wants attention (positive/negative)	Running away to get the attention when brought back, falling out of a chair, or repeating requests
Communication	physical	Inability to express needs/wants/feelings	Bites siblings, hits/scratches adult, throws items, head banging, screaming
Escape	physical	Wants to avoid person/place/event	Bedtime Routine
Self-Directed	physical	Lack of interest in person/activity/place	Engages in self-stimulatory behaviors because it feels better than what is happening
Sensory	physical (increase/decrease) Happens anytime, anywhere	Desires specific items/activities, behavior feels good, Meets a need Anxiety, Over/under stimulation	Run an errand w/your child Go into the bank, everything may seem fine until...he starts "bouncing off the walls", fidgets w/ropes, spinning, jumping, etc.

Creating the Tool Box

Ways to Manage Behavior



Routines & Schedules

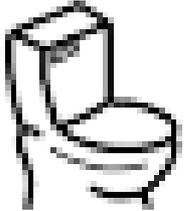
- Children want structure!
- Children understand the expectations when you provide them with routines & schedules
- Many behaviors can be prevented by making **consistent** routines or schedules whether it be for outdoor trips or bedtime routines
- Break tasks down into **small steps**- teach 1 step at a time, build on the steps & choose 1 routine to work until consistent**
- The benefit of routines and schedules is that they support **independence**...the ultimate goal!

Visual & Verbal Reminders

- Visual cues & verbal reminders assist with *transitions*
- Use **visuals**-A variety of options & possibilities to fit your child's needs
- Many ways to create them from clip art & iPad apps
- Use **signals** before you reach the end of an activity so that she can be prepared for the transition (i.e. "when the **timer** beeps in five minutes, you will turn off the TV")

1

toilet



2

breakfast



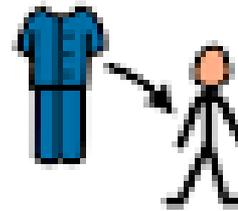
3

brush teeth



4

get dressed



5

backpack



Step By Step Schedules



Timers



iPad Apps

Token Economies/Reward Charts



Token Economies/Reward Charts

- Best used when child knows the expectations
- Use when you want to build consistency on a skill (compliance)
- Use when you want to build consistency on a routine (bed time, toilet training, cleaning up)

Forced Choice

- Works well if you engage in “power struggles” with your child
- Allows the child to be feel like they have control, but you have the control because you gave them the choices
- When giving a forced choice gain eye contact
- Calmly, but firmly, give him the choices

“Which do you want to do first—

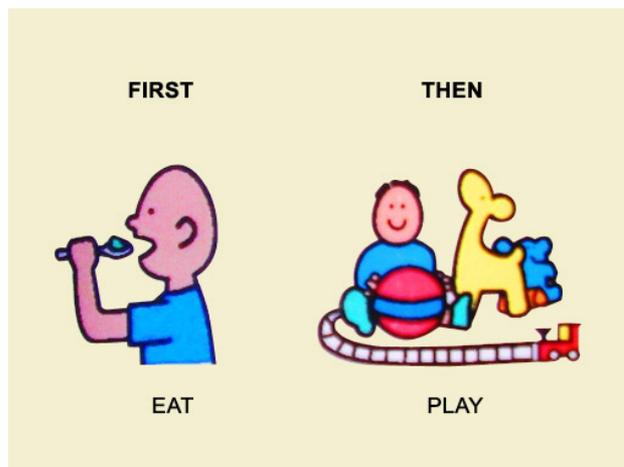
brush your teeth or put on your pajamas?”

- Use it as a temporary means to hold off a tantrum*, provide child w/2 immediate options & you know they will choose & you know you can follow through with
- If child is so escalated, it can, at times be a matter of not communicating. Giving them a forced choice can remind them to use their words.

First/Then Charts

“**First** do this (task), **Then** you can have (reward)”

- You can provide the reward or activity your child wants after he complies with what you asked him to do
- Always reinforce after child complies
- Change your tone of voice & facial expressions to indicate how happy you are with his behavior





Redirection

- Redirection is taking a minute to re-teach a positive behavior when your child engages in a negative behavior (running into a street vs. holding a hand)
- Provide immediate redirection with a negative behavior
- Don't "miss the boat", you don't want to think back on a situation & say "I should have" when you knew you should have redirected the behavior
- Change your tone of voice & facial expressions for negative behaviors
- Indicate this by an "all business" attitude in your voice- if you do not- these behaviors can easily become attention seeking behaviors



Reinforcement

We use reinforcers to increase positive behaviors

- Two Types of Reinforcers: *Primary* & “Golden”
- Primary reinforcers: snacks, special drinks, balls, bubbles, favorite toys, etc.
 - “praise” needs to be paired with primary reinforcers to teach the child that praise holds value as a reinforcer
 - *Make the reinforcers valuable*- limit access to special toys, snacks & use them to reinforce
 - Keep these items “off limits” & out of reach from the child
 - Give these frequently when you “catch them being good”
 - Vary the reinforcers so they don’t lose their “power”***
- Golden Reinforcers: iPad, iPhone apps, YouTube videos
 - use these when you are trying to “fix 1 common and problematic behavior”
 - WARNING! DO NOT give the gold out so FREELY !
 - You don’t want “Just stop” a behavior
 - You want to highly reinforce a positive behavior





How do you know a reinforcer holds value?

- Child comes running for it
- Child spontaneously asks for it
- Child is attentive, change in facial expressions
- Negative behaviors decrease, positive behaviors increase immediately upon seeing it
- Child is compliant
- If you have any of these, go home & immediately hide these items, use them to reinforce good behavior
- If you do not, then you need to hide everything to create value, take things out and put them away immediately

Who's the Boss?



You are in control when your child...
wants to listen to you &
does what you ask them to do!
NO NEGOTIATIONS...

1-2-3 Magic!



- Stop Behaviors vs. Start Behaviors
- The Little Adult Assumption-Children do not rely on reasoning and words like we do.....no negotiating...
- 2 Biggest Discipline Mistakes: (1) Too Much Talking (2) Too Much Emotions
- How To:
 - Child is engaging in behavior (i.e. whining, fighting, and yelling)
 - Do Your 1,2,3 counting with five seconds in between each number and No other language or emotion.
 - If behavior continues now the child” gets a “rest” period or “time out” (about 1 minute for each year of the child’s life i.e. “That’s 3 Take 5”) **OR** the child gets a time out alternative (i.e. loss of privilege or toy for a period of time, early bedtime, etc.)
- After this time-**No Talking, No Emotion, No Apology, No Lecture, No Discussion**

Do you have control?

“He doesn’t behave that way with me”

“She doesn’t act like that way when I’m around”

Do you...

- Argue with child
- Yell/scream to get child’s attention
- Negotiate/compromise/bargain with child
- Verbally spar with your child
- Have too many or conflicting opinions about how to deal with behaviors
- Give attention to negative behaviors
- Provide structure during times of day when child NEEDS structure
- Follow through “I’m going to take away ---” and carry through
- Say what you mean “I’m going to throw it in the garbage”
- Rationalize behaviors (he’s not acting himself, he’s tired, she’s getting sick)

*Lack of Control=
The child is the boss, she calls the shots
AND she knows it!*



How do I regain control?

- Change your tone of voice & facial expressions
 - Use a firm voice for negative behaviors
 - Use the drama for positive behaviors
 - Your emotions can effect your child’s behavior
- ALWAYS Be CONSISTENT!!!!
 - DO NOT negotiate or argue
 - Limit your language “keep is short & sweet”
 - Remain calm, be firm, not angry
 - Follow through with your consequences
 - Say what you mean
- When your child doesn’t listen...
 - Maintain a neutral tone/facial expression
 - No smiling, no giggling, nor laughing
 - DO NOT give into “child’s play” (i.e. cuteness, smiles, etc.)
 - This creates inconsistency & manipulative behaviors
 - Child will “test the waters”

How to regain control...

- Reinforcement vs. Expectations
 - If your child is not listening, it could be due to lack of reinforcement or the expectations are too high
 - Are you consistently reinforcing positive behaviors?
 - High expectations? Break tasks up into small steps
- Everyone needs to be on the same page
 - It's fine to have differences in opinions
 - Choose 1 “battle” at a time, usually the one that is most disruptive



How to regain control...

- Have a **Time Away** spot in your home
 - Time away is a quiet place where the child goes to "calm down"
 - No toys or activities to distract them
- Ignore attention seeking behaviors!
 - Give your child the attention she desires- POSITIVELY, with praise & reinforcement.
 - When ignoring negative behaviors, make sure **safety** is a priority
 - Sometimes you can turn a behavior around by ignoring the negative & highly reinforcing the positive

Use Positive Language

Focus on the do's not the don't

Use "quiet hands" vs. "no hitting"



- Physical Behaviors will decrease...
 - When you are consistent with consequences
 - As functional language develops
 - Behaviors will spike before they decrease
- Always reflect & modify your strategies
 - Use the ABC chart
 - “Do I need to use another tool”
 - “What worked?”
 - “What didn’t work?”

How to Consequence...

Behavior (Function)	Consequences
Attention	Reinforcement, 1-2-3 Magic
Communication	Redirection, Forced Choice
Escape	1 st /Then Charts, Decrease demands, breaks, verbal reminders, redirection, reinforcement
Self-Directed	1 st /Then Charts, Token Economies, Reward Charts, Routines & Schedule
Sensory	Routines & Schedules, Redirection

Let's Review: What Tools Do I Have?



- **Routines & Schedules:** Great for AM/PM Routines
- **Positive Reinforcement:** Shape negative behaviors into positive ones 😊
- **Visual Timers & Verbal Cues/Reminders:** Set your child up to succeed
- **Reward Charts:** Best used when child knows expectations and you want to build consistency (toilet training, cleaning up, compliance)
- **Forced Choice:** Good for a power struggles or when a tantrum is coming on
- **Redirection:** Prevent oncoming behaviors by changing environments or activities
- **Keep Demand On:** Encourages compliance and consistency

THANK YOU!

Remember to ask for help!

Network w/other parents

Use your resources:

PSD Team, SEAC & POAC

