Top 5 Behavior Management Tactics for Children with ASD

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Applied Behavior Analysis

- The science in which the principles of behavior are applied to change *socially significant behavior* to a meaningful degree that will improve quality of life for individual and others in environment.

- "Applied Behavior Analysis is a science devoted to the understanding and improvement of human behavior." - Cooper, Heron, & Heward (2007)

WHAT IS APPLIED BEHAVIOR ANALYSIS (ABA)?

You mean applied behavior analysis (ABA) isn't just a treatment for autism?

your ecards
someecards.com

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Its An ABA World!

- It is important to remember that ABA is a science and not one specific program or technique.

- ABA is a broad field that includes a range of tactics that have been shown to be effective across many different populations and settings.

Today

Today we will explore 5 top behavioral tactics:

1. Premack principle

2. Choice

3. Token reinforcement systems

4. Visual schedules

5. High ratio of praise

PREMACK PRINCIPLE: GRANDMA'S LAW

What is the Premack Principle?

The Premack Principle states that using a high probability behavior (watching TV) to reinforce a low probability behavior (doing homework).

FIRST we do this, then we do that.

Low Frequency Behavior

High Probability Behavior

Common examples of Premack Principle

- "When you have finished your math worksheets, you can read a book."

- "First write in your journal, then you can have free play."

- "First finish your dinner, then you may watch TV."

PROVIDING CHOICE

Rationale

- Ability to make choices enhances a person's quality of life

- Providing choice serves as an intervention for decreasing problem behavior

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Considerations

- How much choice is appropriate to give?

- What type of choices should I offer?

Examples

- Meal time

- Writing task

- Getting dressed

- Reading

- Walking into school

- Taking a bath

- Transitions

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TOKEN REINFORCEMENT SYSTEMS

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What is a token economy?

- A system in which an individual earns tokens for targeted behaviors.

- Once he has collected a predetermined number of tokens he can trade them for an item or activity that he desires.

Goals of a Token Economy

- Increased selection of reinforcers

- More natural reinforcement

- Increased teaching rate

- Lessened satiation

- Increased sense of time

- Increased ability to delay gratification

Introducing a Token Economy

- Rapid delivery of tokens

- Frequent opportunities to earn tokens

- Pair the delivery of tokens with verbal praise

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What does a token economy system look like?

VISUAL SCHEDULES

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Why use Visual Schedules?

- Research studies have shown that children with autism and similar disabilities learn best *through seeing.*

- Visual cues can help:
  - Gain independence (transitions, work completion)
  - Learn more quickly
  - Prepare/adjust for changes
  - Decrease frustration/anxiety
  - Reduce aggressive and self-stimulatory behaviors

(Savner and Myles, 2000)

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How do Visual Supports work?

- Visual supports can be used across settings (classroom, home, community)

- They provide individuals with information/cues related to:
  - Following rules
  - Understanding expectations
  - Knowing what will happen during the day
  - Understanding how to complete work or play activities
  - Telling someone when work/play is finished
  - Transitioning from one activity to another
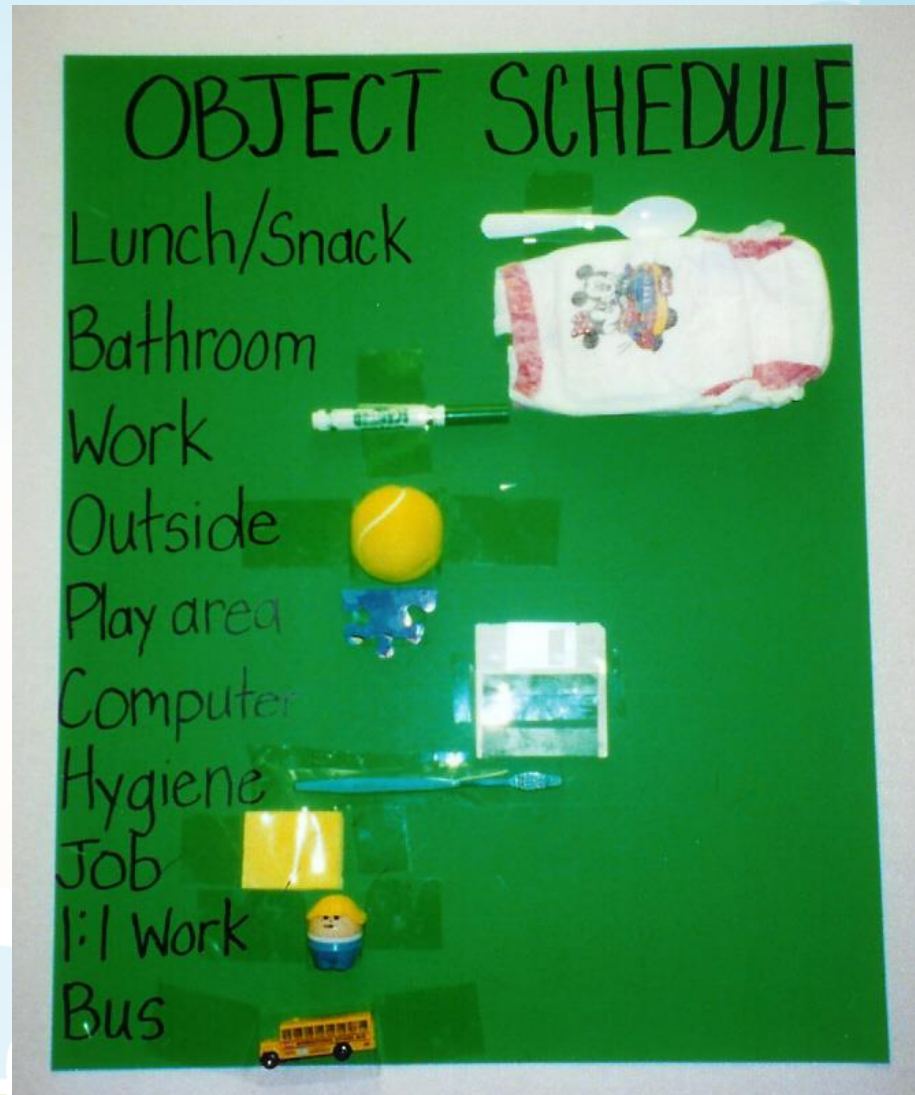 - Making choices about what they want to do

(Savner and Myles, 2000)

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Benefits of Visual Schedules

- To build flexibility (events change but the routine of the checking the schedule remains the same)

- To promote independence

- To ease transitions

Object Schedule

Picture Schedule

MY DAY

Time	Activity	Time	Activity
7:00	Wake Up	4:00	TV Time
8:00	School	5:00	Outside Play
2:30	Field Trip	5:30	Set Table
3:00	Snack	6:00	Dinner
3:15	Homework	8:30	Bed Time

schKIDules.com

Written Schedule

Cycle Day 3

Times	Activity/Location	(✓)Done	*Changes
12:45-1:00	Students arrive at school		
1:00-1:40	Opening (in classroom)		
1:45-2:15	Music (in music room)		
2:15-2:40	Circle time (in classroom)		
2:40-3:00	Reading (in classroom)		
3:00-3:30	Teaching (in classroom)		
3:30-3:45	Pack-up (in classroom)		
3:45-4:05	Announcements/Leave School		

*Any changes in schedule

Mini Schedule with Choices
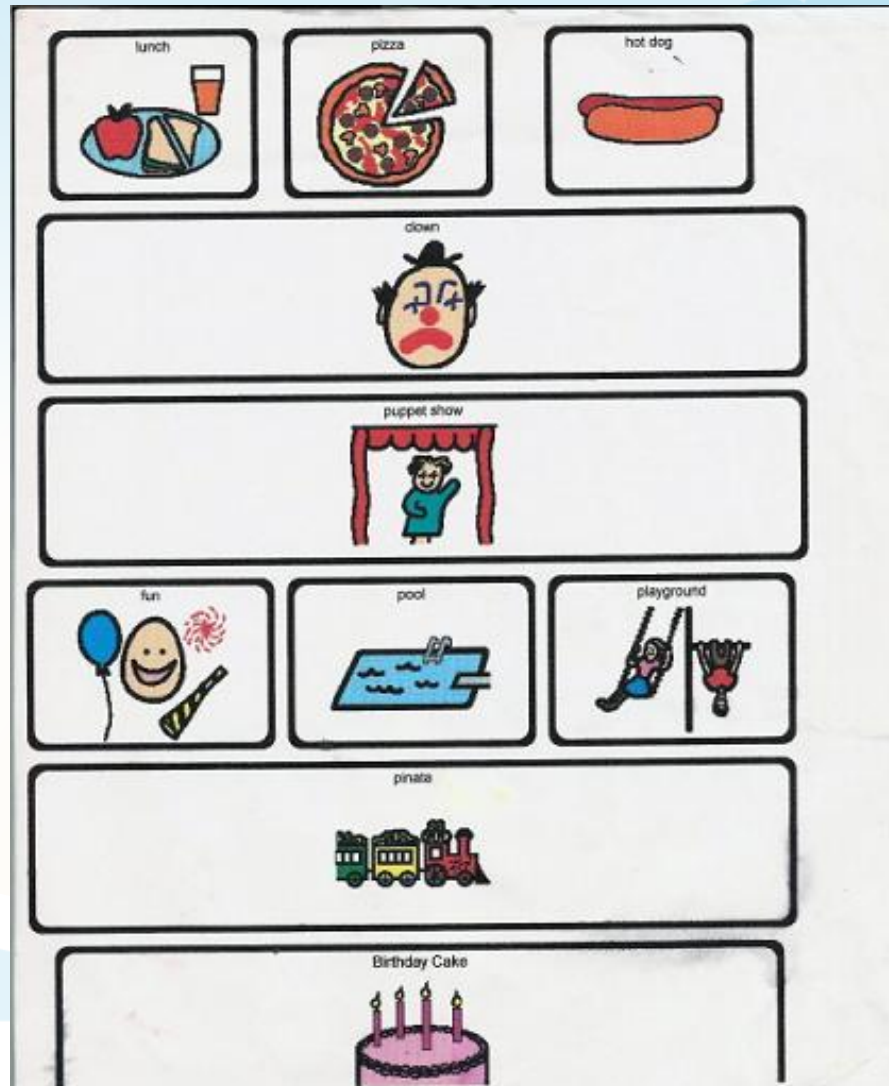
HIGH RATIO OF PRAISE TO INSTRUCTION

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Using praise

- What is praise?
- When do we typically praise?
- What are we missing?
- What should we do?

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Examples

- Playtime at home – siblings playing together
  - "Sara and Ollie, I like how you are building a tower together."
  - "Sara, great job cleaning up your toys."
  - "Ollie, blocks are for building, not for throwing. Please pick up those blocks."
  - "Great job cleaning up Ollie and Sara."

- Independent work time at school
  - "I like the way that everyone at Table 1 is working quietly".
  - "Good job Table 2 keeping your eyes on your work."
  - "Nice following my directions Jeffrey and Susan."
  - "Sylvio and Jane, you need to listen to my words and follow instructions."

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What is vicarious reinforcement?

- A parent or teacher provides reinforcement to a child who is engaging in the appropriate behavior, while the child who is engaging in an inappropriate behavior is within sight.

- Future responses of one individual are altered by observing the delivery of reinforcers to another person.

- The reinforcers delivered to the peer/sibling/other person must be a highly preferred item for the individual who is observing.

Examples

- At home, Sybil is following a parents' directions to "clean up", while her sibling, Max, is engaging in noncompliance. Parent extends praise and a small snack to Sybil for "Good listening. Great cleaning up!" (while Max is watching).

- During group snack time, Adela says, "May I have a cracker please?" and receives a cracker. Her peer, Jonathan, with similar vocal-verbal abilities, and food interests, observes. He is more likely to attempt to produce this vocal request in the future, having seen a peer receive reinforcement for the behavior.

Bonus Tip!

Stay Consistent!

Make sure the expectations are always the same. Children learn best through repeated practice and predictability

Open Discussions, Questions

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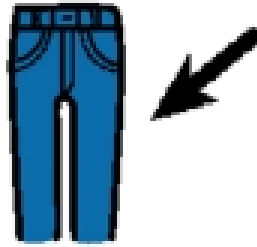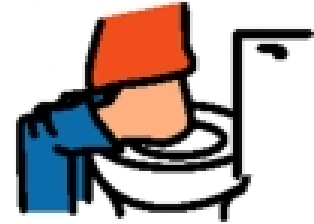
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APPENDIX
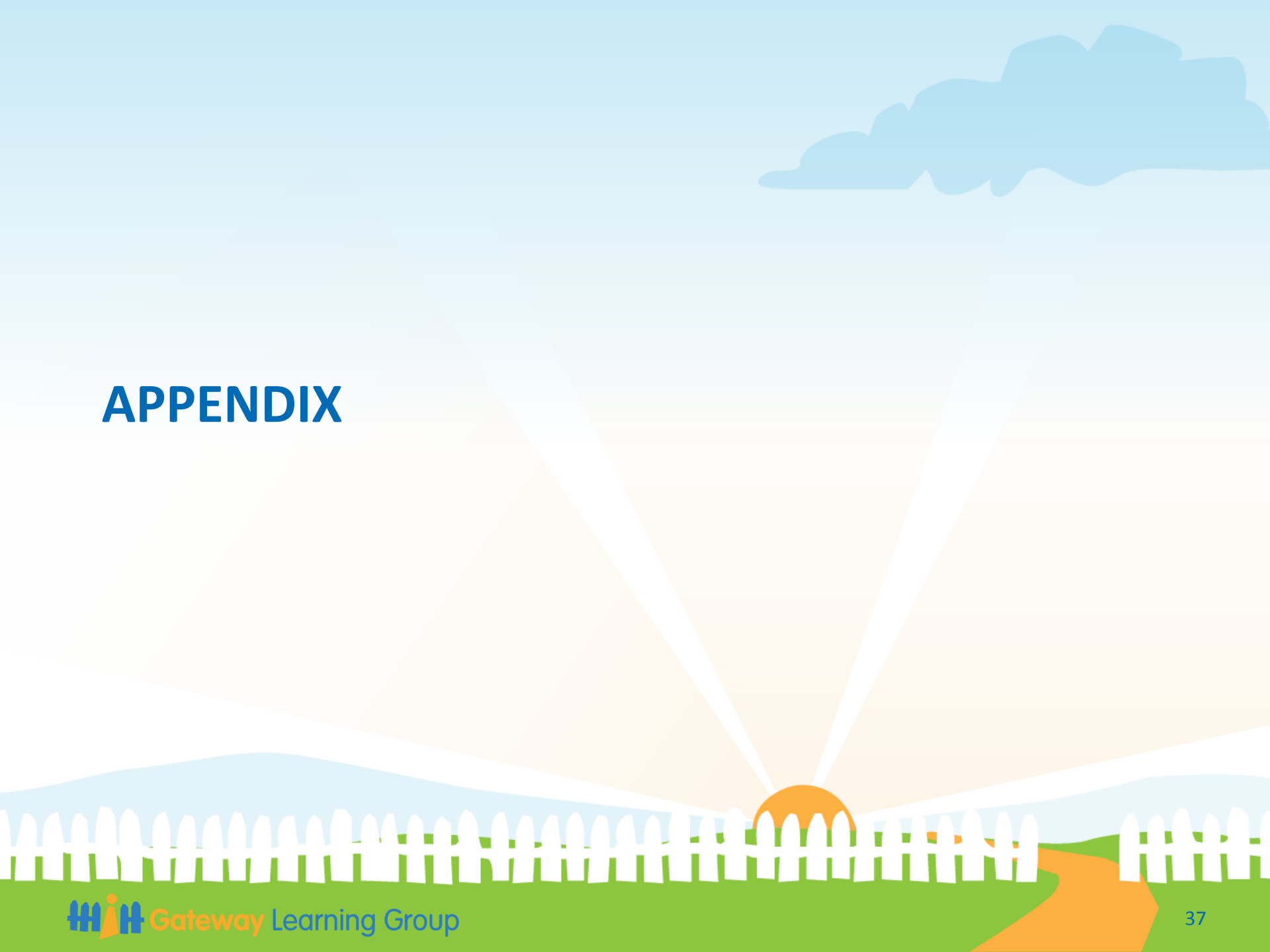
potty

pull pants down

pull down pull-up

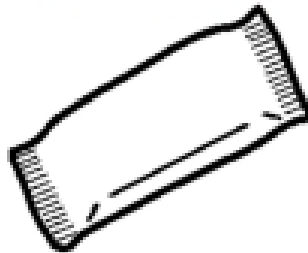go to bathroom

get toilet paper

get a wipe

wipe

pull up pull-up

pull pants up
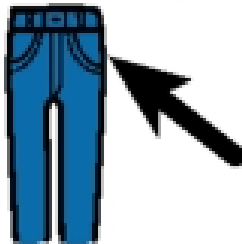
flush

go to sink

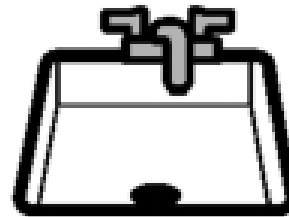turn on water