

## BEHAVIOR @ HOME

### Behavior Basics

One of the challenges parents are facing is understanding and managing difficult behavior at home. This webinar will help you understand what behavior communicates and effective strategies to help you meet those needs. We will cover functions of behavior, how to respond to challenging behavior, teaching missing skills, and seeing behavior as communication to inform parenting strategies.

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### Hosted by Family Focus Resource Center

<https://www.csun.edu/family-focus-resource-center>

Behavior Basics	Behavior as Communication
<ul style="list-style-type: none"> <li>✓ Behavior as communication</li> <li>✓ ABCs of Behavior</li> <li>✓ Functions of behavior</li> <li>✓ Challenging behavior identifies missing skills</li> <li>✓ How to respond to challenging behavior</li> <li>✓ Prevention is key!</li> </ul>	<ul style="list-style-type: none"> <li>✓ All behavior communicates something</li> <li>✓ Challenging behavior especially communicates some need</li> <li>✓ Needs and wants</li> <li>✓ What is being communicated by behavior you are seeing?</li> </ul>

### ABCs of Behavior



- ✓ When you see an ABC pattern you notice the behavior first and have to think back to what happened before

What is Behavior?	ABC Pattern
<ul style="list-style-type: none"> <li>✓ Behavior is anything a person does or says</li> <li>✓ Positive behavior</li> <li>✓ Challenging behavior</li> <li>✓ We focus on behaviors that we can see (observe)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Giving a person what they want following challenging behavior makes it better in the moment &amp; worse in the long run</li> <li>✓ They are more likely in the future to engage in that behavior to get what they want</li> </ul>
<b>Antecedents</b>	<b>Notes:</b>
<ul style="list-style-type: none"> <li>✓ Anything that happens before a behavior</li> <li>✓ Often called a “trigger”</li> <li>✓ A verbal direction</li> <li>✓ Lack of attention</li> <li>✓ Change in environment</li> <li>✓</li> </ul>	
<b>Consequences</b>	
<ul style="list-style-type: none"> <li>✓ What comes after a behavior</li> <li>✓ How we respond to a behavior</li> <li>✓ Praise</li> <li>✓ Reward</li> <li>✓ Ignoring</li> </ul> <p><b>Effects of Consequences</b></p> <ol style="list-style-type: none"> <li>1. Can increase a positive behavior</li> <li>2. Can increase a challenging behavior</li> <li>3. Can decrease a positive behavior</li> <li>4. Can decrease a challenging behavior</li> </ol>	
<b>Responding to Behavior</b>	<b>Functions of Behavior</b>
<ul style="list-style-type: none"> <li>✓ We can increase challenging behavior if we are not careful</li> <li>✓ Think about and learn how to respond to both positive and challenging behavior</li> <li>✓ How we respond to behavior is very important</li> <li>✓ How others respond is also very important</li> </ul>	<ul style="list-style-type: none"> <li>✓ All behavior has a function</li> <li>✓ 4 functions of behavior</li> <li>✓ How we respond should depend on the function</li> <li>✓ Strategies to address challenging behavior should depend on the function</li> </ul>

<b>Escape Behaviors</b>	
<ul style="list-style-type: none"> <li>✓ A behavior to escape or avoid something</li> <li>✓ Running away or hiding</li> <li>✓ Distracting parent with something else</li> <li>✓ Continuing to play video games when mom told you to do a chore</li> </ul>	<ul style="list-style-type: none"> <li>✓ If an escape behavior works, it is more likely in the future</li> <li>✓ Important to be prepared to maintain a demand when faced with escape behavior</li> <li>✓ If child engages in a lot of escape behaviors, you need a prevention plan</li> </ul>
<b>Attention Seeking Behaviors</b>	
<ul style="list-style-type: none"> <li>✓ A child wants attention from a parent, sibling, friends, or others</li> <li>✓ Asking for attention</li> <li>✓ "Hey look at me!"</li> <li>✓ Engaging in challenging behavior to get a response from parent</li> </ul> <p>How much attention does your child need?</p>	<ul style="list-style-type: none"> <li>✓ All children have a level of attention they need</li> <li>✓ Some kids need more attention and some need less</li> <li>✓ May first engage in positive behavior to get attention</li> <li>✓ When that doesn't work may engage in challenging behavior to get a response</li> </ul>
<b>Behaviors for a Tangible Function</b>	
<ul style="list-style-type: none"> <li>✓ Engaging in behavior to get something (a tangible item)</li> <li>✓ Asking for a cookie</li> <li>✓ Screaming to get a toy from a sibling</li> <li>✓ Taking something from another person</li> </ul>	<ul style="list-style-type: none"> <li>✓ If child gets what they want, they are more likely do this in the future</li> <li>✓ If they access the thing they want, even for a short time, the behavior will increase</li> <li>✓</li> </ul>
<b>Self-Stimulatory or Automatic Behaviors</b>	
<ul style="list-style-type: none"> <li>✓ Behaviors that provide enjoyment or sensation for the person</li> <li>✓ Behaviors at times referred to as "stimming"</li> <li>✓ Behaviors that happen when the person is alone</li> <li>✓ Also include watching TV, reading books, or other things we do for enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>✓ Only a problem when they are interfering with a person's life</li> <li>✓ Harmful behaviors</li> <li>✓ Behaviors interfering with other activities</li> <li>✓ Behaviors that are challenging due to their impact to others</li> </ul>

<p><b>Self-Stimulatory vs. Self-Injurious</b></p> <ul style="list-style-type: none"> <li>✓ Self-injurious behaviors are harmful to the person engaging in the behavior</li> <li>✓ Behaviors leading to injury</li> <li>✓ These behaviors require expert intervention to prevent injury</li> </ul>	<p><b>Notes:</b></p>
<p><b>Self-Stimulatory Behaviors</b></p>	
<ul style="list-style-type: none"> <li>✓ Waving/flapping arms or hands</li> <li>✓ Walking on toes</li> <li>✓ Moving fingers in front of eyes</li> <li>✓ Hair pulling or nail biting</li> <li>✓ Spinning objects</li> <li>✓ Moving objects in a unique manner and watching</li> </ul>	<ul style="list-style-type: none"> <li>✓ Self-stimulatory behaviors that are allowed to continue will increase</li> <li>✓ If self-stimulatory behaviors are deemed challenging there needs to be a plan to address them</li> <li>✓ This may need to be guided by an expert</li> </ul>
<p><b>Identify Missing Skills</b></p> <ul style="list-style-type: none"> <li>✓ Challenging behavior typically indicates there are missing skills</li> <li>✓ Observe behavior and identify the missing skill</li> <li>✓ Make a plan to teach the missing skill</li> <li>✓ What should the child do instead of the challenging behavior?</li> </ul>	<p><b>Notes:</b></p>
<p><b>Responding to Behavior by Function</b></p>	
<ul style="list-style-type: none"> <li>✓ Determine function behavior is likely serving</li> <li>✓ Why is the behavior happening?</li> <li>✓ What is the child getting from engaging in the behavior?</li> </ul>	
<p><b>Responding to Escape Behavior</b></p>	
<ul style="list-style-type: none"> <li>✓ Prevention is KEY!</li> <li>✓ Reduce demands before a challenging behavior</li> <li>✓ Ensure child has skills</li> <li>✓ Be sure child can do task and parent can follow through</li> <li>✓ Maintain demands once they are placed</li> </ul>	

<b>Responding to Attention Seeking Behavior</b>	<b>Notes:</b>
<ul style="list-style-type: none"> <li>✓ Provide attention throughout the day</li> <li>✓ Make sure the child knows when attention will be available</li> <li>✓ Provide attention when child engages in positive attention seeking behavior</li> <li>✓ Ignore or redirect challenging attention seeking behaviors</li> </ul>	
<b>Responding to Tangible Behaviors</b>	
<ul style="list-style-type: none"> <li>✓ Do not provide access to items when child engages in challenging behavior</li> <li>✓ Prompt the behavior that will allow access to the item</li> <li>✓ Let them know when access will be available</li> <li>✓ May consider providing more access to items they want</li> </ul>	
<b>Strategies for Self-Stimulatory Behaviors</b>	<b>Prevention is KEY!!</b>
<ul style="list-style-type: none"> <li>✓ Activities to keep hands and bodies busy and engaged</li> <li>✓ Provide alternate forms of stimulation – alternate behavior</li> <li>✓ Place limits on when and where the behavior is allowed</li> <li>✓ Provide praise when person is engaging in an alternate behavior</li> </ul>	<ul style="list-style-type: none"> <li>✓ Prevention is key for all behavior challenges</li> <li>✓ What proactive strategies can you do to prevent behavior challenges?</li> <li>✓ See Behavior @ Home Simple Behavior Strategies (week 2) for more ideas</li> </ul>

## **BEHAVIOR @ HOME**

### **Power of Rewards May 27th at 3:00pm**

Many parents spend so much time responding to challenging behavior and trying to make it through the day safely that they might be forgetting one of the most powerful tools in our toolbox. This webinar will review many different ways kids can be rewarded for their behavior and the powerful impact this can have. Join us to get ideas about how to provide meaningful rewards, when to provide rewards, and different types of rewards for children.

Registration and more information at:

<https://www.csun.edu/family-focus-resource-center/webinars>

**Use this link to access all the resources shared during the presentation.**

<https://tinyurl.com/FFRCBehavior>