

BEHAVIOR @ HOME

Behavior Basics

Simple strategies that can make a big difference!

Presented by Michelle Heid, MA, BCBA

Hosted by Family Focus Resource Center



Behavior Basics

- ✓ Behavior as communication
- ✓ ABCs of Behavior
- ✓ Functions of behavior
- ✓ Challenging behavior identifies missing skills
- ✓ How to respond to challenging behavior
- ✓ Prevention is key!

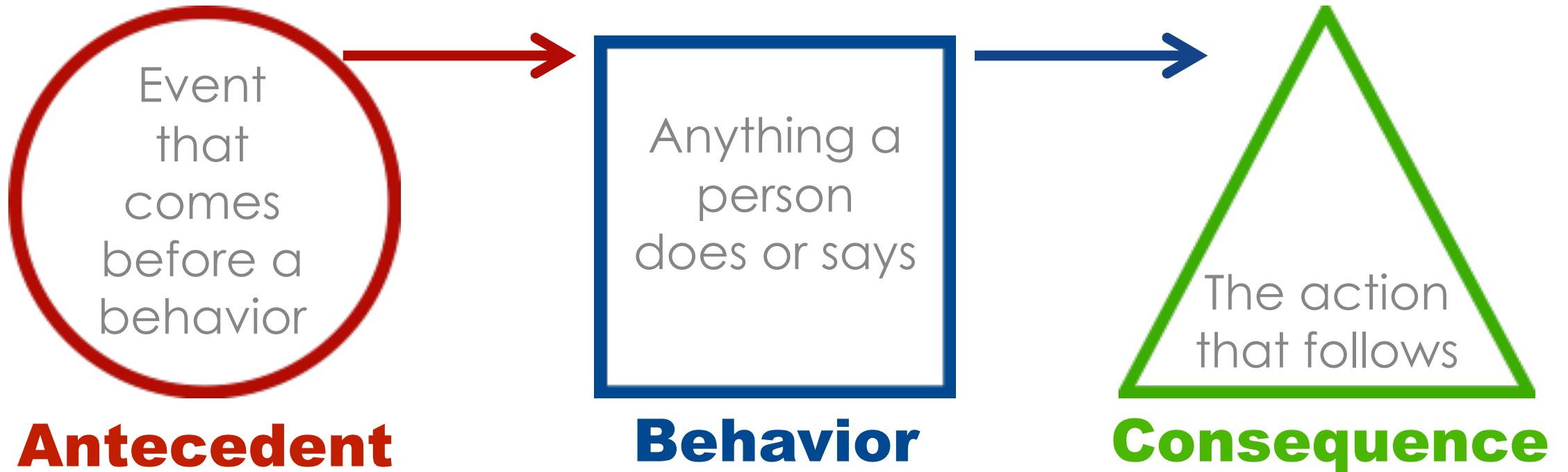


Behavior as Communication

- ✓ All behavior communicates something
- ✓ Challenging behavior especially communicates some need
- ✓ Needs and wants
- ✓ What is being communicated by behavior you are seeing?



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?

- ✓ Behavior is anything a person does or says
- ✓ Positive behavior
- ✓ Challenging behavior
- ✓ We focus on behaviors that we can see (observe)



ABC Pattern

Antecedent



Sees candy in the store

Behavior



Cries

Consequence



Gets candy

ABC Pattern

- ✓ Giving a person what they want following challenging behavior makes it better in the moment & worse in the long run
- ✓ They are more likely in the future to engage in that behavior to get what they want



Antecedents

- ✓ Anything that happens before a behavior
- ✓ Often called a “trigger”
- ✓ A verbal direction
- ✓ Lack of attention
- ✓ Change in environment



Consequences

- ✓ What comes after a behavior
- ✓ How we respond to a behavior
- ✓ Praise
- ✓ Reward
- ✓ Ignoring



Effects of Consequences

1. Can increase a positive behavior
2. Can increase a challenging behavior
3. Can decrease a positive behavior
4. Can decrease a challenging behavior



Example of an ABC Pattern



- ✓ This behavior will decrease because the child did not get the response they wanted

Example of an ABC Pattern



- ✓ This behavior will increase because the child got the response they wanted

Responding to Behavior

- ✓ We can increase challenging behavior if we are not careful
- ✓ Think about and learn how to respond to both positive and challenging behavior
- ✓ How we respond to behavior is very important
- ✓ How others respond is also very important



Functions of Behavior

- ✓ All behavior has a function
- ✓ 4 functions of behavior
- ✓ How we respond should depend on the function
- ✓ Strategies to address challenging behavior should depend on the function



Escape

- ✓ A behavior to escape or avoid something
- ✓ Running away or hiding
- ✓ Distracting parent with something else
- ✓ Continuing to play video games when mom told you to do a chore



Escape Behaviors

- ✓ If an escape behavior works, it is more likely in the future
- ✓ Important to be prepared to maintain a demand when faced with escape behavior
- ✓ If child engages in a lot of escape behaviors, you need a prevention plan



Attention

- ✓ A child wants attention from a parent, sibling, friends, or others
- ✓ Asking for attention
- ✓ “hey look at me!”
- ✓ Engaging in challenging behavior to get a response from parent



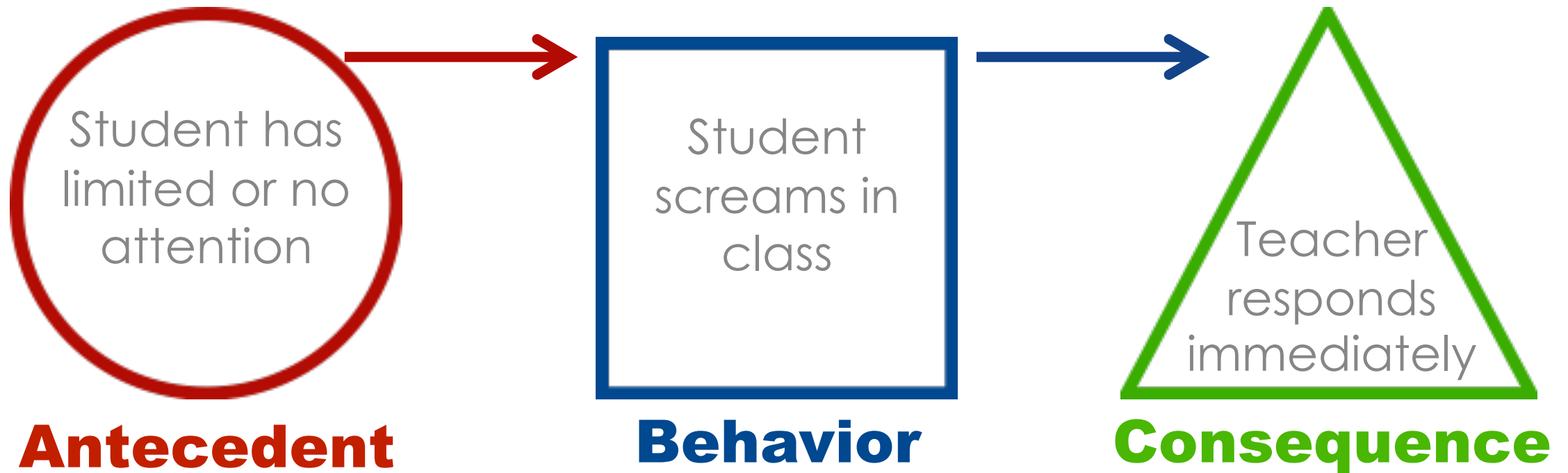
Attention Seeking Behaviors

- ✓ All children have a level of attention they need
- ✓ Some kids need more attention and some need less
- ✓ May first engage in positive behavior to get attention
- ✓ When that doesn't work may engage in challenging behavior to get a response



How much attention does your child need?

Example of an ABC Pattern



- ✓ This behavior will increase because it got the response the student wanted

Example of an ABC Pattern



- ✓ This behavior will increase because the student is getting this need met

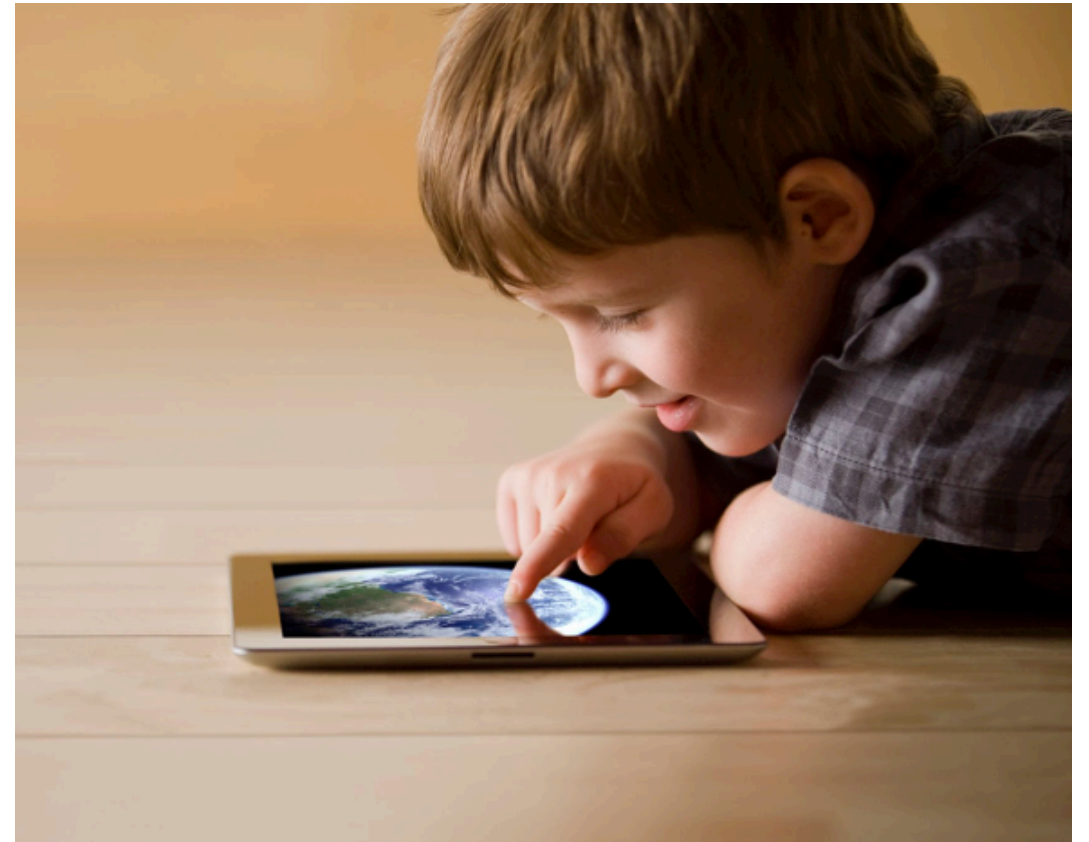
Tangible Function

- ✓ Engaging in behavior to get something (a tangible item)
- ✓ Asking for a cookie
- ✓ Screaming to get a toy from a sibling
- ✓ Taking something from another person



Behaviors for a Tangible Function

- ✓ If child gets what they want, they are more likely to do this in the future
- ✓ If they access the thing they want, even for a short time, the behavior will increase



Self-Stimulatory or Automatic Behaviors

- ✓ Behaviors that provide enjoyment or sensation for the person
- ✓ Behaviors at times referred to as “stimming”
- ✓ Behaviors that happen when the person is alone
- ✓ Also include watching TV, reading books, or other things we do for enjoyment



Self-Stimulatory Behaviors

- ✓ Only a problem when they are interfering with a person's life
- ✓ Harmful behaviors
- ✓ Behaviors interfering with other activities
- ✓ Behaviors that are challenging due to their impact to others



Self-Stimulatory vs. Self-Injurious

- ✓ Self-injurious behaviors are harmful to the person engaging in the behavior
- ✓ Behaviors leading to injury
- ✓ These behaviors require expert intervention to prevent injury



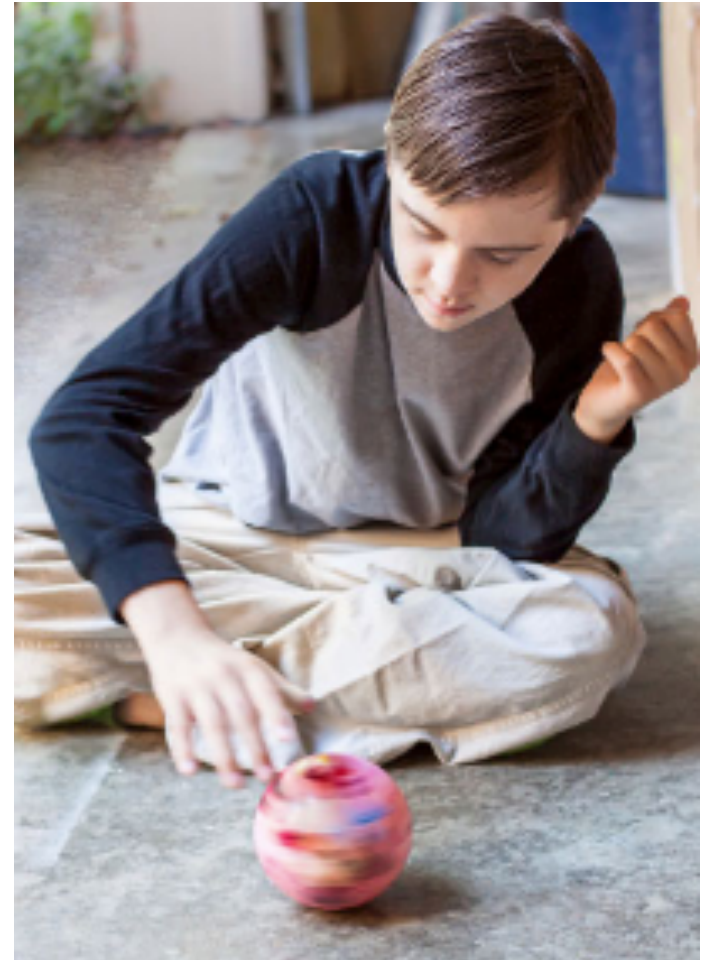
Self-Stimulatory Behaviors

- ✓ Waving/flapping arms or hands
- ✓ Walking on toes
- ✓ Moving fingers in front of eyes
- ✓ Hair pulling or nail biting
- ✓ Spinning objects
- ✓ Moving objects in a unique manner and watching



Self-Stimulatory Behaviors

- ✓ Self-stimulatory behaviors that are allowed to continue will increase
- ✓ If self-stimulatory behaviors are deemed challenging there needs to be a plan to address them
- ✓ This may need to be guided by an expert



Identify Missing Skills

- ✓ Challenging behavior typically indicates there are missing skills
- ✓ Observe behavior and identify the missing skill
- ✓ Make a plan to teach the missing skill
- ✓ What should the child do instead of the challenging behavior?



Responding to Behavior by Function

- ✓ Determine function behavior is likely serving
- ✓ Why is the behavior happening?
- ✓ What is the child getting from engaging in the behavior?



Responding to Escape Behavior

- ✓ Prevention is KEY!
- ✓ Reduce demands before a challenging behavior
- ✓ Ensure child has skills
- ✓ Be sure child can do task and parent can follow through
- ✓ Maintain demands once they are placed



Responding to Attention Seeking Behavior

- ✓ Provide attention throughout the day
- ✓ Make sure the child knows when attention will be available
- ✓ Provide attention when child engages in positive behavior
- ✓ Ignore or redirect challenging attention seeking behaviors



Responding to Tangible Behaviors

- ✓ Do not provide access to items when child engages in challenging behavior
- ✓ Prompt the behavior that will allow access to the item
- ✓ Let them know when access will be available
- ✓ May consider providing more access to items they want



Strategies for Self-Stimulatory Behaviors

- ✓ Activities to keep hands and bodies busy and engaged
- ✓ Provide alternate forms of stimulation – alternate behavior
- ✓ Place limits on when and where the behavior is allowed
- ✓ Provide praise when person is engaging in an alternate behavior



Prevention is KEY!!

- ✓ Prevention is key for all behavior challenges
- ✓ What proactive strategies can you do to prevent behavior challenges?
- ✓ See Behavior @ Home Simple Behavior Strategies (week 2) for more ideas



BEHAVIOR @ HOME

Thank You!!

Power of Rewards

May 27th at 3:00pm

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