

Behaviour Management

Antecedent Manipulations:

In order to prevent occurrences of problem behaviours parents should engage in preventative measures.

Strategy	Procedure	Potential Results
<i>Pick your battles</i>	It can be overwhelming to work on all goals at one time. Prioritize the goals you'd like to address. Further, if you do not have time to follow through with an instruction, do not give the instruction to your child. The more opportunities your child is given to not follow through, the more likely she will not follow instructions in the future.	Decrease in problem behaviour.
<i>Token Economy</i>	A token economy is used to catch your child "doing good" and providing her with a concrete item (ie. a token or marble) when she demonstrates appropriate behaviours, which she can exchange for a back-up item that is reinforcing. This is to be set up by using "First/Then" phrases, or identifying that she will earn her token. This does not include telling your child she will earn a token while she is demonstrating problematic behaviour(s). Do not use phrases such as "You're losing time on your games....if you don't do this, you're going to...." Etc.	Decrease in problem behaviour
<i>Non-contingent Reinforcement</i>	Provide your child with hugs, kisses and positive attention on a regular basis, ensuring she has free access to positive attention. These positive exchanges are not to occur in response to any specific behaviour.	Decrease in problem behaviours Increase in compliance
<i>Practice Calming strategies</i>	Provide your child with new coping and calming strategies, such as deep breathing, counting to 10. Teach Your child strategies to reduce her inappropriate behaviour when she is frustrated, by taking deep breaths, following Incredible 5 Point Scale (Or Zones of Regulation) or other activities that help your child self soothe	Increase in self-regulation Decrease in problem behaviours

<i>Activity Choices</i>	Provide your child with choices between selected tasks, to increase motivation and follow through with instructions	Decrease problem behaviours Increase in compliance Decrease in lost instructional time Increase in choice-making skills
<i>Successive Approximations</i>	Reinforce the best approximation to the target behaviour you are looking for. Meet your child where she is and begin reinforcing her for her attempts to demonstrate the appropriate behaviour. As your child is more consistent with her appropriate behaviours, gradually increase expectations, and reinforce those expectations.	Allows access to preferred items
<i>Behaviour Contract</i>	This is a written and agreed-upon set of "contingencies" that must be fulfilled by your child. When the conditions are met (ie. Follow through with instructions right away), she will gain access to a specific reward (marbles being earned toward Santa Claus). Determine when your child can "cash in" for her rewards. Outline what will happen if your child does not honour the contract (ie. Will not earn marbles toward her reward).	Decrease problem behaviours Increase in compliance

Consequence-based intervention

Behaviour	Strategy	Procedure
<i>Escape</i> <i>Avoid using time-outs and negotiations</i>	<u>Extinction</u> : no longer allowing your child to escape the task demand	When you give an instruction to Your child, ensure to follow through with completing the instruction, through prompting, or successive approximations, and then providing reinforcement
	<u>Differential Rates of Reinforcement</u> : Reinforcement is given when your child responds quickly to instructions.	<ol style="list-style-type: none"> 1. Provide your child with a break from a task if the problem behaviour has not occurred for a specified amount of time. 2. Provide your child with more reinforcement when she responds to an instruction quickly verses taking a longer time to respond.
	<u>Contingent Escape</u> : This is a common way for Your child to earn a break.	<ol style="list-style-type: none"> 1. Inform your child the expectation that she will have a break after she follows through with the instruction.