



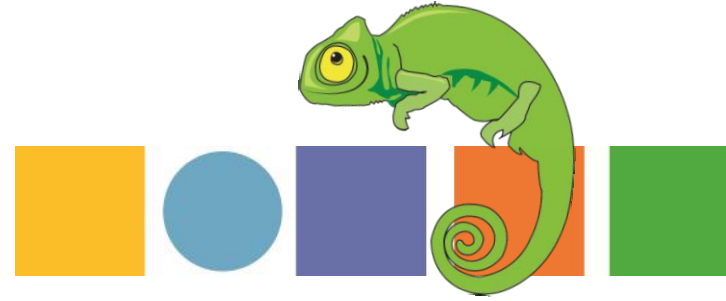
Behavior Management Strategies

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Learning Objectives



1. Describe the ABCs of behavior.
2. Apply behavioral principles to understand child behavior.
3. Use specific behavioral strategies to change child behavior.



Antecedent

- Occurs before the target behavior
- Can make behavior more or less likely to occur

Examples

- Giving instructions to complete a task
- Placing hearing aids in an easily seen position
- Turning on the TV



Behavior

- What the person does
- Includes thoughts, feelings, and actions

Examples

- Putting hearing aids on
- Arguing with parent
- Feeling frustration



Consequence

- Occurs after the target behavior
- Can make behavior more or less likely to occur
 - Reinforcers make behaviors more likely to occur
 - Punishers make behaviors less likely to occur

Examples

- Praising child
- Taking away privileges
- Ignoring child

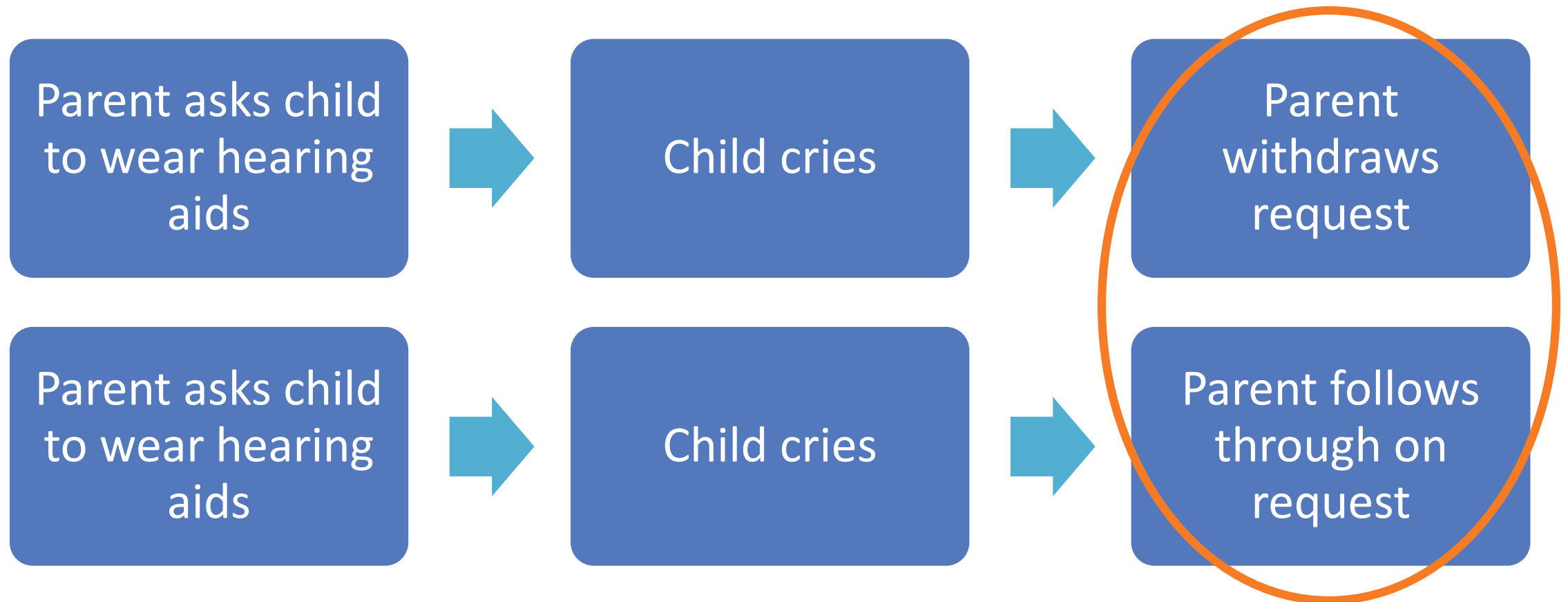
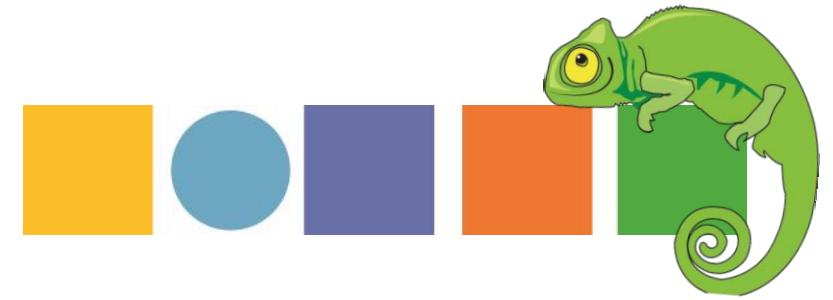
How to Apply ABCs



How to Apply ABCs



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How to Apply ABCs



Parent asks child to wear hearing aids and presents them at the same time



Child wears hearing aids



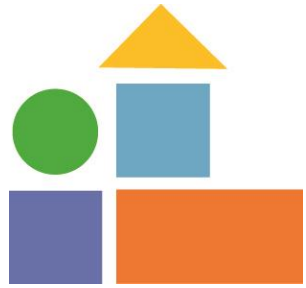
Parent praises child

How to Apply ABCs



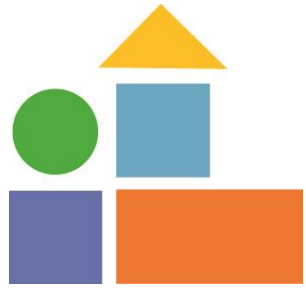
Using Antecedents and Consequences Effectively





Antecedents

- Provide simple and specific instructions
 - Mean them
 - Make sure child is paying attention
 - Reduce distractions
 - Check comprehension
 - Wait 5 seconds
 - Use statements not questions: “Danny, put your shoes on now.”



Consequences

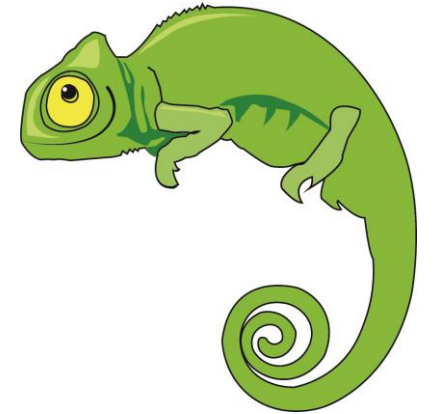
- Pay attention to the *effect* of the consequence not its *form*
- Deliver the consequence as soon after the behavior occurs as possible
- Focus on the positive
 - Reinforcement tends to be more effective than punishment
 - Provide specific praise: “Thank you for putting your shoes on, Danny.”

Basic Strategies



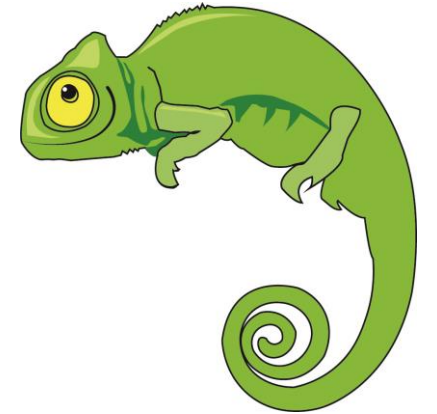
Shaping

- Goal: Shape desired behavior through approximations
- How: Reinforce steps toward desired behavior
 - Once child learns each step, only reinforce the next step

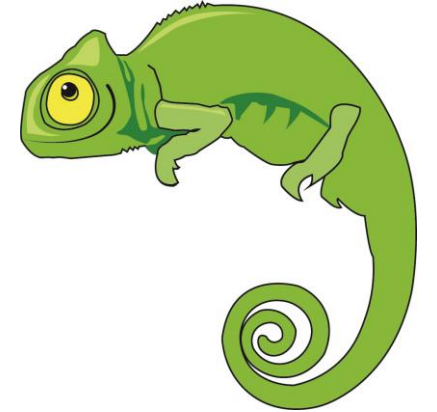


Extinction

- Goal: Reduce frequency of target behavior
- How: Withhold reinforcers that maintain target behavior
 1. Define target behavior
 2. Identify reinforcers that maintain target behavior
 3. Withhold all reinforcers
 4. Monitor results
- Prepare for extinction bursts
 - Increase in severity of target behavior when it is put on extinction
 - *Behavior gets worse before it gets better*

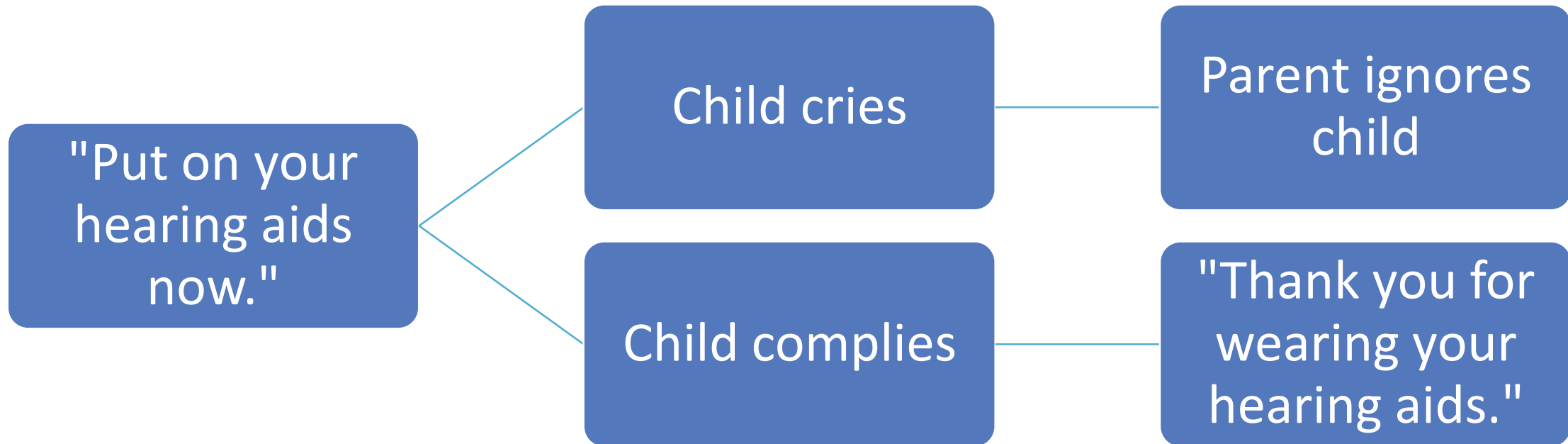
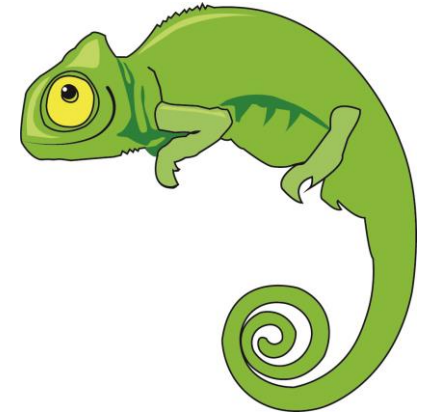


Differential Reinforcement of Alternative Behavior



- Goal: Increase alternate behavior while decreasing target (undesirable) behavior
- How: Reinforce alternate behavior and ignore target behavior
 1. Define target behavior
 2. Put undesirable behavior on extinction
 3. Reinforce desired behavior
 4. Monitor results

Differential Reinforcement of Alternative Behavior



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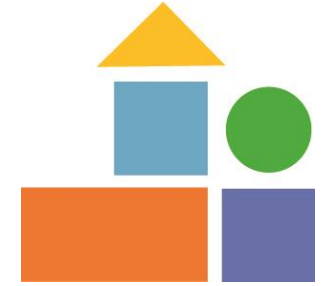
Research



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[Questions and Comments](#)



Resources



- UW Medicine: [Handouts and videos](#) (a few handouts are also available in Spanish)
- Center for Effective Parenting: [Handouts](#) (also available in Spanish)