

Ways we can intervene with behaviors

3 reasons why a student doesn't work

1. **Lack of motivation:** The student doesn't want to work.
 - a) Add a reinforcement system
2. **Skill deficit:** The student doesn't know how to do the work.
 - a) Teach the skill
3. **Both lack of motivation and skill deficit**
 - a) Put in a reinforcement system and teach the skill

Change what happens before the problem behavior

Changing the environment like removing things, adding things, or moving the environment around can change or eliminate the motivator to the problem behavior or the triggers to that problem behavior.

•Environmental changes

- a) Changes to the environment to reduce the likelihood the behaviors will occur. For example, keeping reinforcers inaccessible such as locking away reinforcing items, putting password protection on devices, blocking certain websites.

•Intermingle easy and hard tasks

- a) Alternate between things the student can do and things the student is learning
- b) Creates momentum to what you really want the student to do, builds confidence, supports the feeling of success.

•Choice Making

- a) Control what the student has choices over. Give "forced choices" that are not open-ended. Example: "Do you want to start the worksheet now or in 5 minutes?" "Do you want to work with a pencil or a pen?" "Do you want to take a break outside or in your room?"
- b) Allowing the student to make choices throughout the day will give them a sense of control over their environment

•Visual Schedules/Supports

- a) Written or picture schedules/ to-do list
- b) First/then. For example, "First you need to do your math homework, then you can play your video games."
- c) Timers
- d) These can provide predictability and routine. It can also encourage students to be more independent.

•Priming before a task

- a) Provide clear expectations for what is to come before the task occurs.
- b) This can give students preparation for what is expected and provides predictability.

•Give the student positive attention and regular access to reinforcing activities

- a) This can reduce the need for the student to engage in some behaviors.

Teach alternative behaviors

We can teach alternative appropriate behaviors that serve the same motivation as to why they are exhibiting these problem behaviors in the first place. For example, instead of getting up out of their seat or stopping their work, we can teach them to ask for a break.

•Teach appropriate communication

- a) "Break please" instead of running out of the room or logging out of class.
- b) "Can I have ___" instead of crying or whining
- c) The appropriate communication results in the student getting reinforced, the problem behavior does not get reinforced.

•Token boards

- a) Identify what the student's expectations are
- b) Gets a token based on following specific rules
- c) When student gets all of the tokens, they get something reinforcing like privileges, items, activities, etc.
- d) Token boards can be used to decrease challenging behavior as well as increase desired behaviors

•Stress management

- a) Teaching coping strategies can help students in remaining calm when confronted with stressful situations.
- b) The student is reinforced for using the coping strategy and not for engaging in the challenging behavior. For example, taking a 5 minute break, taking deep breaths, squeezing a stress ball.

Change what happens after the problem behavior

We can identify the source of what is keeping the student to continue to exhibit the problem behavior and change it. For example, if a kid is yelling or swearing because he's getting a reaction from others, change the reaction to ignore the yelling/swearing.

Resources for parents

Parents Helping Parents: gives parents information, training, individual assistance, and resources.

<https://www.php.com/>

San Andreas Regional Center: can provide respite and a variety of other services

<https://www.sanandreasregional.org/>

Autism Speaks: provides many resources, information regarding how to obtain outside services

<https://www.autismspeaks.org/>

Challenge Success: provides information and strategies for parents

<https://www.challengesuccess.org/resources/covid-19-resources-for-remote-learning/>