Kyo

Top 5 Strategies
for Positive Behavior Change

Resource Supplement

When seeking to change a behavior, it's important to first define the behavior you want to change. Once you know which behavior you want to change, the next step is understanding the function (why it's occurring.)

Once you know the function of the behavior, you can start using simple strategies to change the challenging behaviors into more functional ones. This is done by changing what normally happens before or after the behaviors as well as reinforcing more appropriate responses.

What's Included:

- Functions of Behavior
- Choice Board
- Premack Visual
- Token Economy
- Establishing Rules
- Visual Schedule

Additional Digital Resources:

Functions:
- Functional Assessment Screening Tool (FAST)

Choice Board:
- Choice Board Creator
- My Choice Board App

Token Chart:
- Tokenat App
- My Token Board App

For Additional Information:

Watch the webinar

Visit our website

Functions of Behavior

The first step in changing a behavior is understanding it's function. What is behavior trying to tell us? There are 4 main functions of behavior as described below.

E

Escape or Avoidance
- The behavior occurs because the child wants to get away from something or someone.
- Example: Dad gives child peas, child throws peas on the floor to escape having to eat them.

A

Attention from Others
- The behavior occurs because the child is trying to gain social attention or a reaction from another person/people, both positive or negative.
- Example: Mom is on the phone, child starts yelling their name, mom hangs up the phone and starts talking to child.

T

Tangible or Access to Items
- The behavior occurs because the child is trying to physically get access to something they want or need (can be an item or activity.)
- Example: Child 1 wants a toy child 2 is playing with, they hit child 2 who drops the toy and runs to an adult, child 1 picks up the toy and starts to play.

S

Sensory
- The behavior occurs because it is internally pleasing to the child in some way or removes an unpleasant feeling. It can be due to any one (or multiple) of the five senses (sight, smell, sound, taste, touch.)
- Example: A child covers their ears and runs away whenever music is played nearby.

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Strategy 1: Choices

Providing choices throughout daily routines increases motivation, enhances quality of life, and helps with "buy-in."

-<u>Meals</u>: choice between two veggies
-<u>Writing</u>: choice of writing implements (color, size, style)
-<u>Math</u>: which row to start working on, which worksheet to do first
-<u>Transitions</u>: hold x or y; skip/hop rather than walk

Visual choice boards, like the one below, can also be used to increase independence and reduce verbal prompting.

Cut out the board and laminate it, or put it in a sheet protector. Use a wipe-off marker or laminated pictures with velcro for activity images.

My Choices
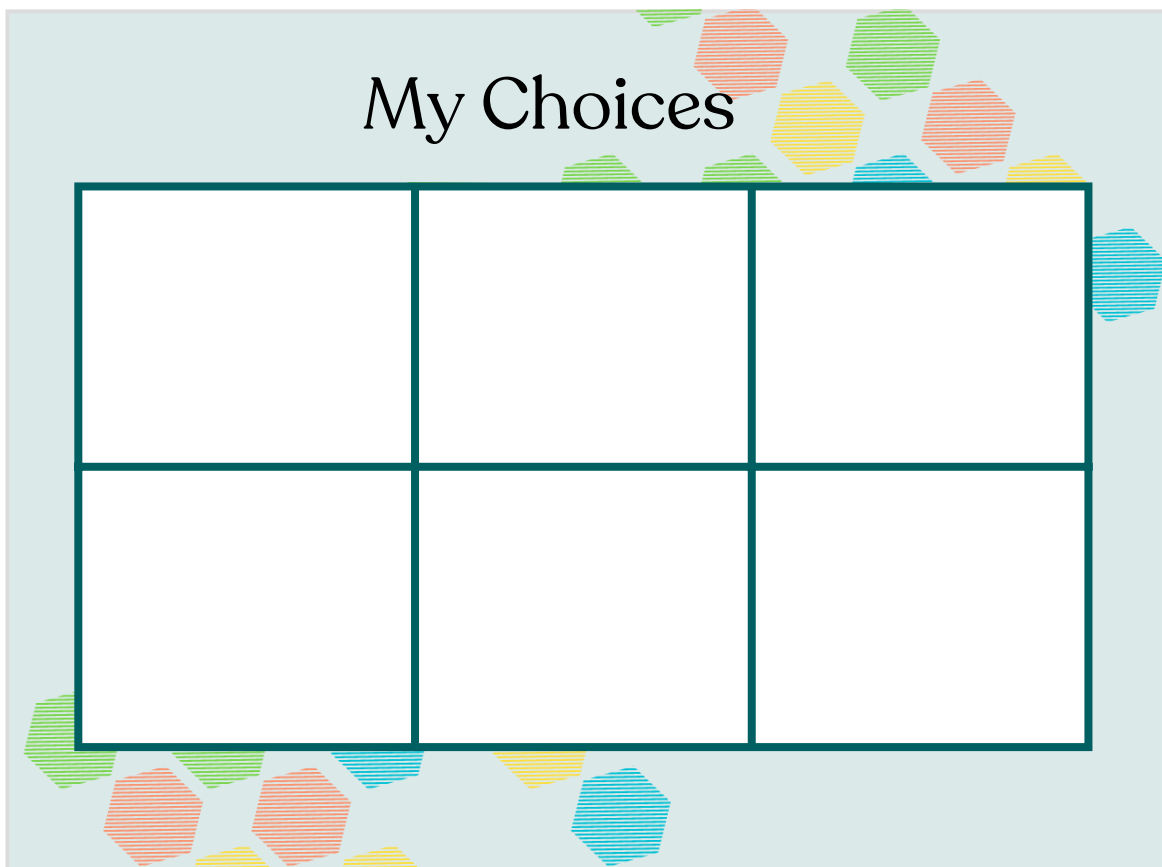
Strategy 2: Premack

The Premack Principle states that making the opportunity to engage in a high-probability behavior contingent on the occurrence of a low-frequency behavior will function as reinforcement for the low-frequency behavior.

It is commonly known as the grandma's law or first/then prompting. "First, finish your dinner. Then, you can watch TV."

Cut out the Choice Board below and laminate it, or put it in a sheet protector. Use a wipe-off marker or laminated pictures with velcro for activity images.

First → Then
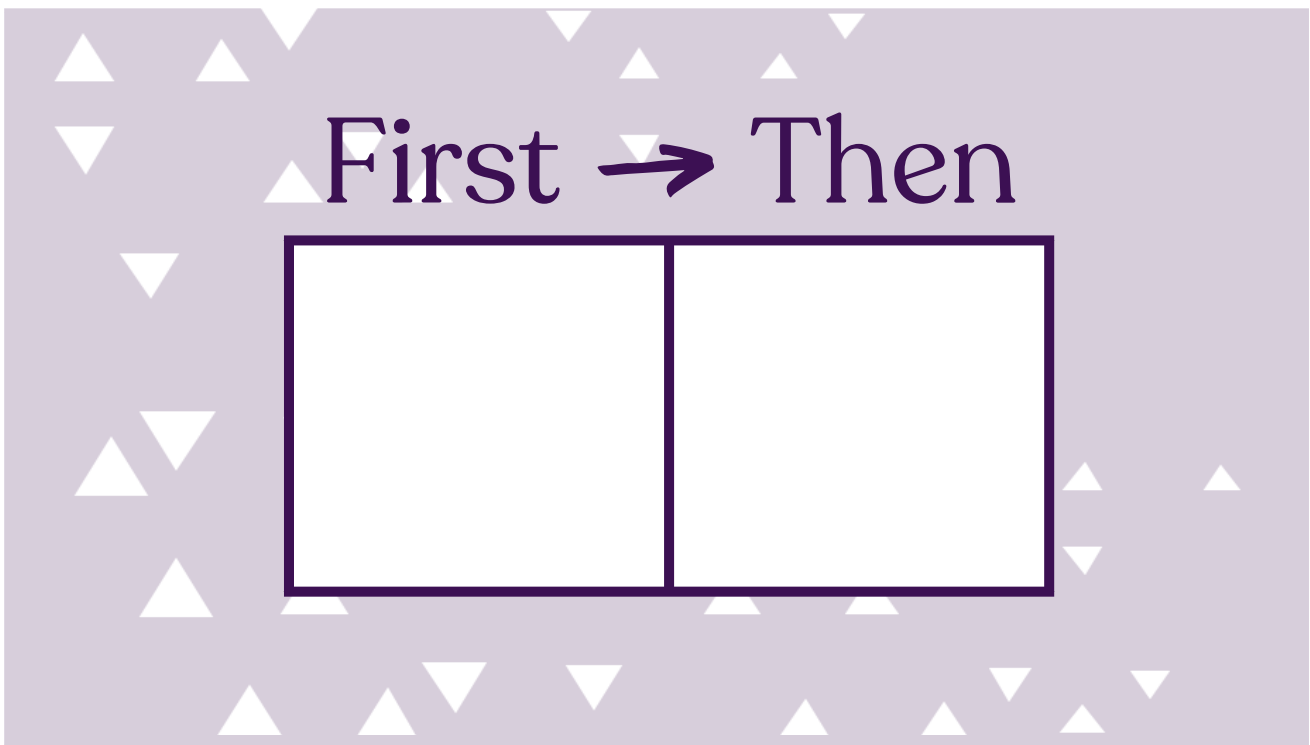
Strategy 3: Token Economy

Token economy systems can take on a wide variety of forms and could be in the form of a point system, raffle tickets, sticker charts, marble jars, unifix cubes, or money. They can range from very simple, short-lived systems to much more complex systems that require the child to work for days or even weeks before earning their reward.

In the Token Board below, cut out the tokens (at the bottom), laminate them and the board, and attach them with velcro. Or, put the board in a sheet protecter and use a wipe-off marker to draw tokens as they are earned.

I am working for:
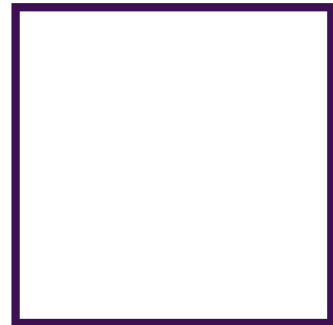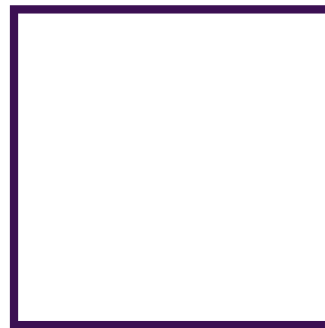
Strategy 4: Rules and Expectations

An effective set of rules should highlight the behaviors that are important, state what is expected in a positive way, apply to everyone in the environment, and be paired with clear reinforcement and consequences. Use the following checklist to help your family establish a set of rules for your household.

1 **Identify the Family Rules**
   a. Talk with your child, their other caregivers, or other family members for input on which rules are most important to them.
   b. Create a list of 3-5 rules based on everyone's ideas, using positive wording. For example 'Use gentle hands' instead of 'No hitting'.

2 **Set Consequences**
   a. Determine what happens if rules are followed or not followed.
   b. Ask your child for input about what they think is a fair consequence.

3 **Create a Visual**
   a. Create a chart, list, or other visual that includes all of the rules and consequences. Depending on age of child, you can use pictures or written rules.
   b. Involve your child in making the visual to increase their interest in following the rules. They can help write, draw, pick out pictures, color, or attach stickers.

4 **Explain the Rules**
   a. Have a family meeting to review the rules and consequences, checking for understanding by having your child repeat back or explain in their own words.
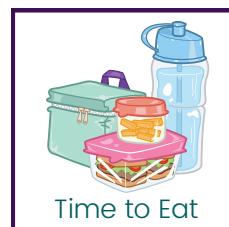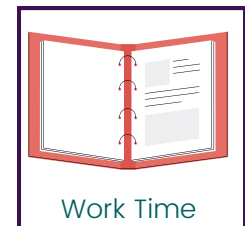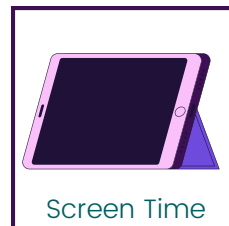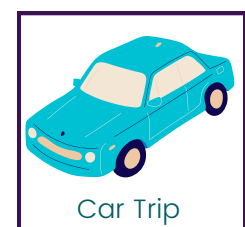   b. Make sure all caregivers and family members who interact with your child are informed.

5 **Follow Through**
   a. Once rules are in place, adults should follow the rules, providing a model for the children.
   b. Be consistent with consequences!

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Strategy 5: Routines

Knowing what to expect and when to expect it helps kids feel safe and move through their days easier. Routines also help children have a sense of control.

To Do	All Done!

Wake Up

Bed Time

Change Clothes

School

Brush Teeth

Bus Ride

Bath Time

Car Trip

Screen Time

Work Time

Time to Eat

Free Play

Cut out the schedule and icons, laminate them, and attach velcro. Have your child move the icons to the "All Done!" side when complete.

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