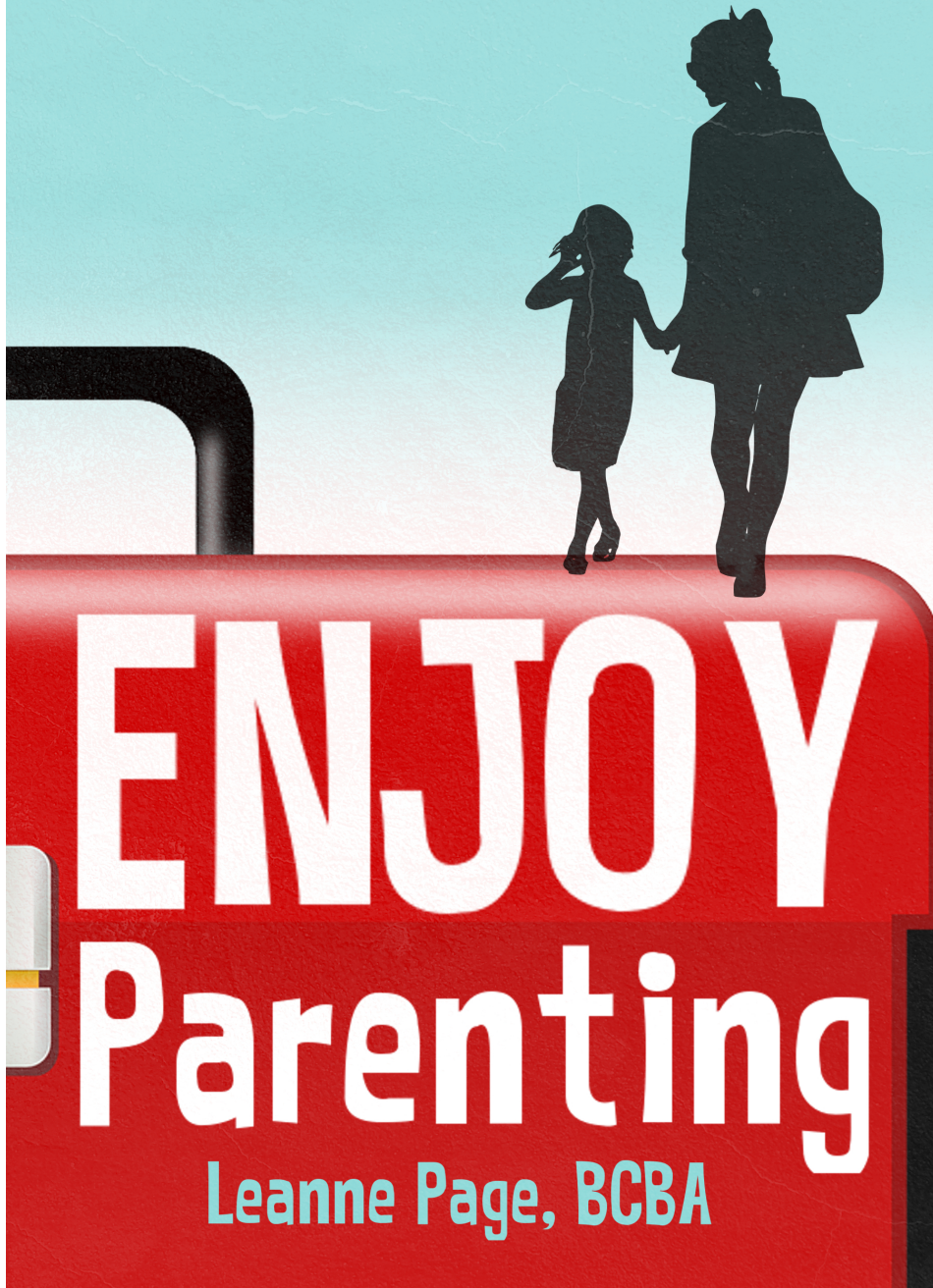


THE BUSY MOM'S BEHAVIOR TOOLBOX



ENJOY

Parenting

Leanne Page, BCBA

Companion Workbook

By Leanne Page, BCBA

ParentingwithABA.org





When do I use these behavior tools?

Identify your top priority problem behavior(s). What 1 or 2 things are really driving you crazy right now?

1. _____
2. _____

Place a tally mark for each time one of those top problem behaviors happen. After a few days, you'll have a clear plan for WHEN to use your behavior tools!

	Day 1	Day 2	Day 3
6-7am			
7-8am			
8-9am			
9-10am			
10-11am			
11am-12pm			
12-1pm			
1-2pm			
2-3pm			
3-4pm			
4-5pm			
5-6pm			
6-7pm			
7-8pm			
8-9pm			

What time of day does it show is your priority right now?

Is this surprising to you? Yes No





What do I use to reinforce desired behaviors? Find reinforcers!

List out your ideas for rewards your child can earn with appropriate behavior! These can be used for: premack principle THEN, the final reward for getting all your tokens in a token economy, any time!

Create a list of ideas together.

Rate each item on the list. You can have your child rate their own or you can rate them based on your observations.

Write reinforcer idea here:	Not a fan	Not terrible	Okay	Pretty good	LOVE IT!!!
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Remember your tools

Premack Principle

First __ (do the unfun thing)_, then __ (get the reward)___.

Say it out loud. Keep it simple.

FIRST _____, THEN _____.

Behavior Specific Praise

When you give your child some praise, do they know what for?

Try some behavior specific praise sentence starters.

Thank you for...

I like how you...

Good job doing...

Wow! Way to...

You did a wonderful job at...

I really appreciate how you...

Thumbs up for...

When you ..., that was awesome!

You really rock at...

I love seeing you...



Remember your tools



Token Economy

How to start:

1. List target behaviors. Make this short & sweet. What CAN your child do? Prioritize
2. Give something for doing those things. A sticker, a point on a points sheet, a marble for a marble jar, you name it!
3. Have some good reinforcers that your kiddo(s) can get by exchanging their tokens.

- ❖ Make sure the backup reinforcer- the reward- is a good one!
- ❖ Give tokens often, regularly, and consistently. The more the merrier when it comes to tokens!
- ❖ Catch them being good as often as you possibly can and reward with a token AND some verbal praise!
- ❖ Make sure your child knows why they got each token.

In a real economy, we do a job to earn money. Then we exchange that money for the things we want.





Remember your tools

Task Analysis

How to start:

1. Break down any routine or activity to most simple steps
2. In order
3. Make a list
4. Use pictures or words
5. Teach each step
6. Reinforce each step

Does not need
to be fancy!
FUNCTIONAL-
not fancy!

	Step 1	Step 2	Step 3	Step 4	Step 5
Morning Routine					
After school routine					
Bedtime routine					



Remember your tools



Modeling

Use modeling INSTEAD of:

- Repeating yourself
- Giving extra instructions
- Nagging
- Talking AT your children.

DEMONSTRATE!

Don't tell.

MODEL!

Don't tell.

Check these video modeling resources out:

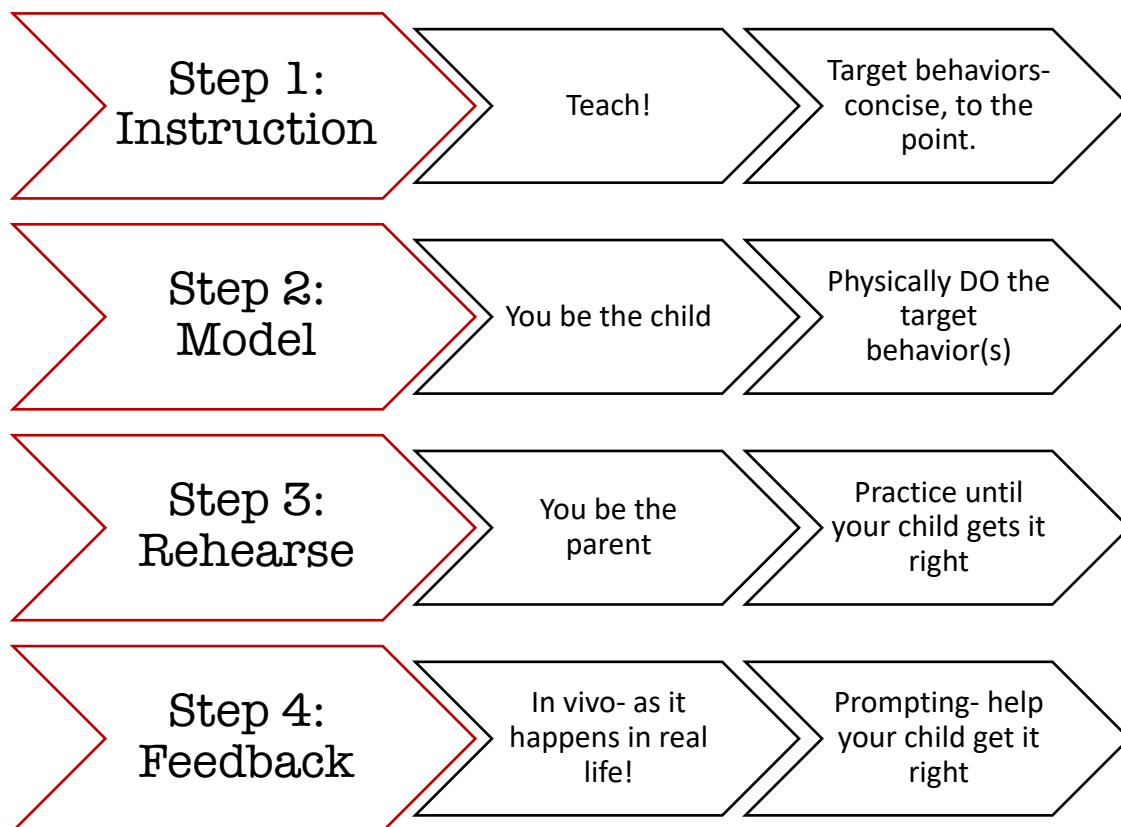
1. <https://www.behaviorbabe.com/video-modeling>
2. <https://www.youtube.com/channel/UCkpUHTIzS7IN98y-ZI--XuA/videos>
3. <https://www.youtube.com/channel/UCyc9ioM072HauENC7DG0uPw>
4. <https://paradigmbehavior.com/playroom/>
5. <https://autisminternetmodules.org/>
6. https://youtu.be/R_mgHakWC1g
7. https://www.semel.ucla.edu/peers/resources/role-play-videos?fbclid=IwAR2AdSNdzi5M0TmjSinB4Nj100iWOnEMWBRx_8zxiQEaCixpa73ZkQzTnTk
8. <https://www.routledgetextbooks.com/textbooks/9781138238718/videos.php>
9. Daniel Tiger episodes:
<https://www.youtube.com/playlist?list=ELptvjYz0L6uOeXAtGFIRFHw>
10. <https://www.iidc.indiana.edu/pages/video-self-modeling-how-to-and-examples>
11. <https://howtoaba.com/video-modeling/>



Remember your tools



Behavior Skills Training



- ✓ Choose a good teaching time- practice BEFORE you need the skill.
- ✓ Make it FUN! Be silly and laugh during modeling and rehearsal!
- ✓ Lots of positive reinforcement!
- ✓ Do every step together- picking target behaviors, making a script, choosing reinforcement. Let your child choose!





Visual Schedules

Here is the plan for our day:

7:00- 8:00 am	
8:00- 9:00 am	
9:00- 10:00 am	
10:00-11:00 am	
11: 00- 12:00 pm	
12:00- 1:00 pm	
1:00- 2:00 pm	
2:00- 3:00 pm	
3:00- 4:00 pm	
4:00- 5:00 pm	
5:00- 6:00 pm	
6:00- 7:00pm	





Visual Schedules

You can write in the box or use visuals (see the next page).

Early morning

Mid morning

Late morning

Early afternoon

Late afternoon

Evening

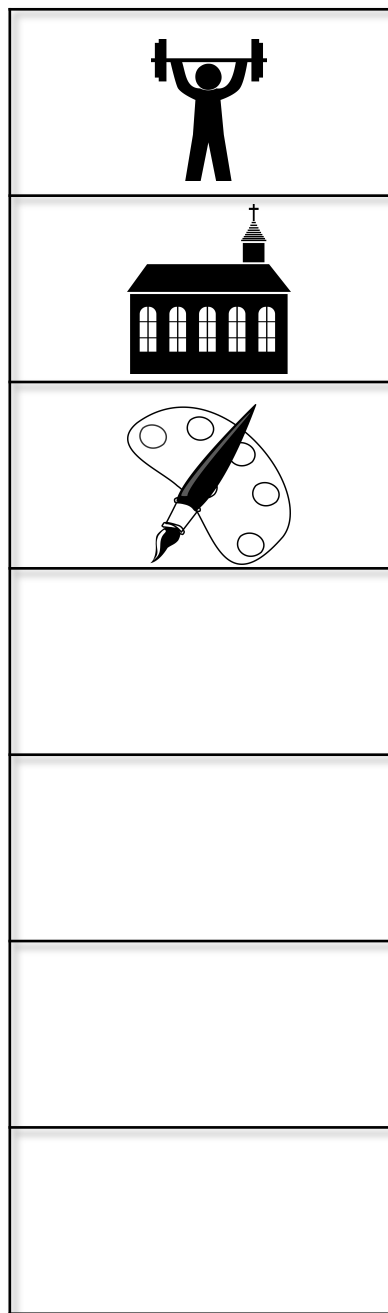
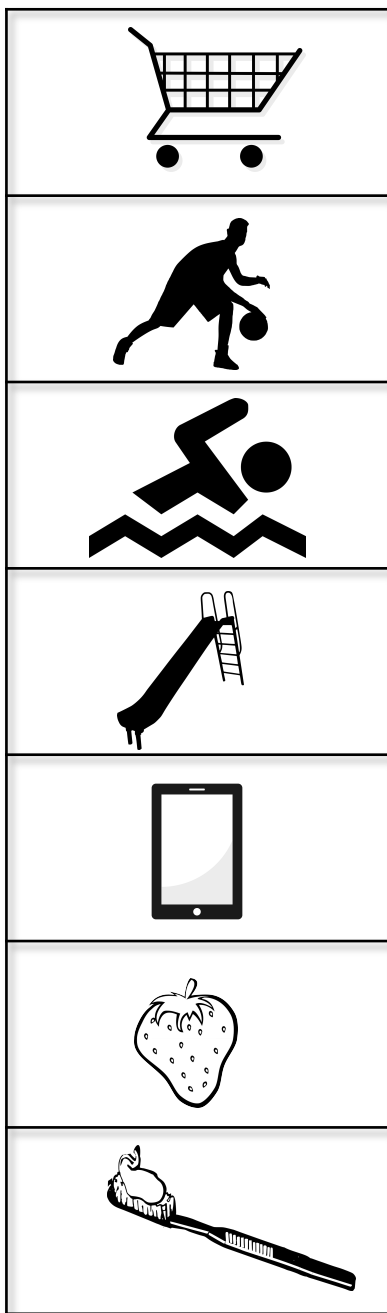
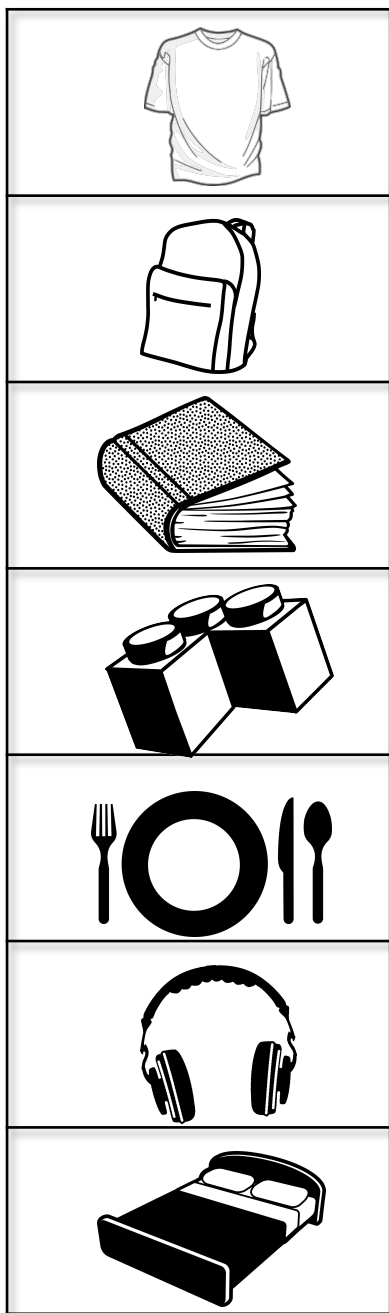
Night





Visual Schedules

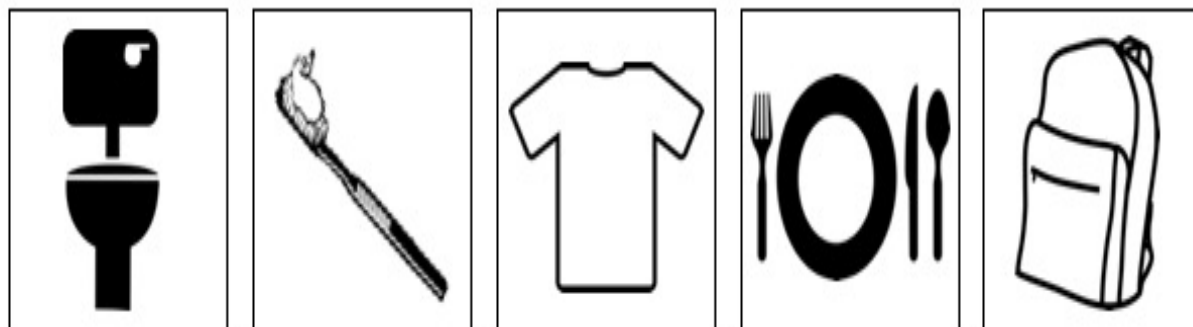
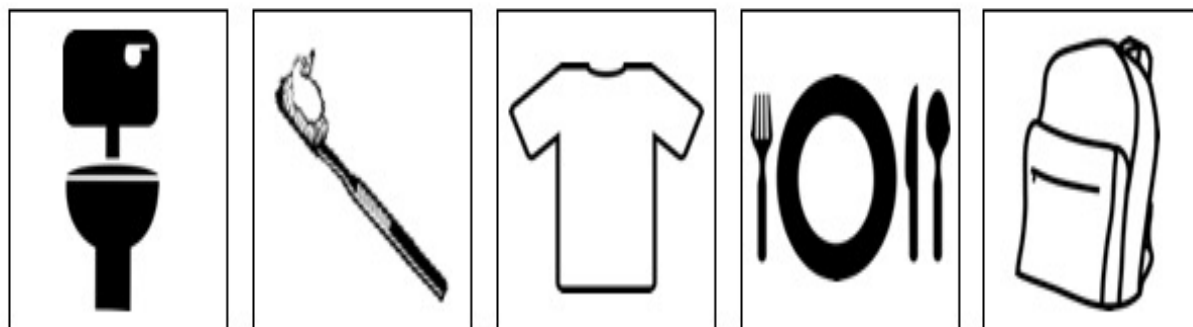
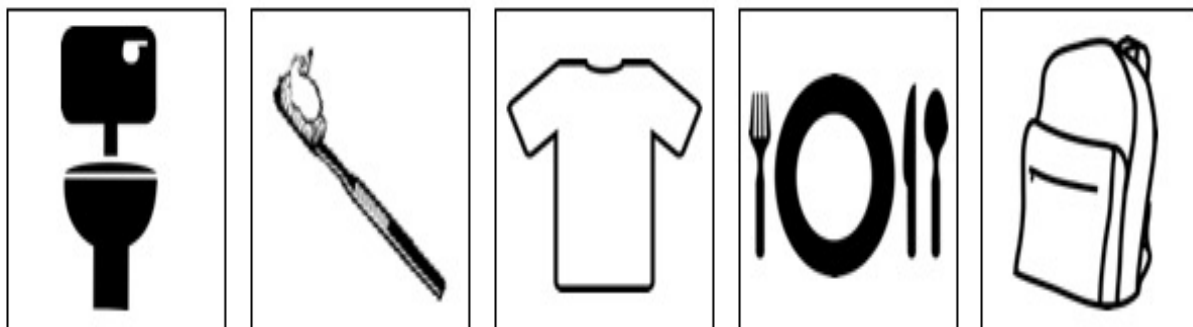
Cut and paste into the previous page or onto another paper. You can find other icons through a search on pixabay or google images.





Visual Schedules

This is my own family's morning routine strip. We have one hanging in the kids' bathroom and in each child's bedroom. Use this one, cut it up to put in the order you prefer or use it as a sample to then create your own!





Mornings: To Do List for Kids

Choose 1-3 target behaviors to REWARD your child for doing independently.

These are some ideas. You can change and create your own target behaviors

Choose the target behaviors you NEED most right now in your household.

Prioritize, master those, then you can select new ones.

- Get out of bed the first time your alarm goes off/ parent wakes you.
- Get dressed on your own.
- Go to the bathroom, brush teeth before coming to the kitchen.
- Eat all your food at breakfast within ____ minutes.
- Put your shoes on before walking out the door.
- Follow directions with only one extra reminder.
- Use kind words/ voice.

Script for parents:

“When you do _____, you can earn something.

What would you like to earn?

Does the size of that reward match the size of the effort to do these things?

How many days should it take to earn this reward?

Script for kids:

I will do _____ to earn _____.

Mom/Dad will give _____ reminders.

If I fall short, I can try again tomorrow, but no reward.



Mornings: To Do List for Parents



Steps for parents to take to make mornings smoother:

- Set your alarm.
- Get up EARLIER than your kids.
- Have yourself taken care of & ready to go BEFORE starting your child's morning routine.
- Create a system for choosing and laying out clothes the night before or the week before.
- Stick with the clothes organizing system!
- Choose & plan breakfast the night before.
- Set the tone- voice tone, kind words, attitude.
- Find a way to make things fun: race, music, game, etc.
- Give a reward (positive reinforcement) for desired behaviors!

Getting up EARLIER does NOT sound like fun!

But it's worth it to get your whole family started off on the right foot for the day.

Planning everything in advance sounds tedious- but it eliminates opportunities for arguments or long wait times as your child decides what they want for breakfast/ what to wear.

Putting on a perky face is HARD for so many of us in the mornings. But remember that you are modeling how you want your children to act and speak. They will follow your lead!



Behavior Specific Praise



Praise what you prize!

Praise Sentence starters

Get in the habit of using these sentence starters. The 'fill in the blank', makes it necessary for you to add in the "what for" to your praise statement.

Thank you for...

I like how you...

Good job doing...

Wow! Way to...

You did a wonderful job at...

I really appreciate how you...

Thumbs up for...

When you ..., that was awesome!

You really rock at...

I love seeing you...

It makes my heart happy when you ...

That's so impressive when you ..

Holy moly! You just did ...

Increase your use of praise overall!

Aim to use more praise statements than corrective statements.
Psychology experts recommend a 5:1 ratio of positive interactions
to negative.

Goal: 5 praise to each correction





Chores- Target Behaviors to Increase

Here is a list of some behaviors to improve. The goal is to do individual tasks with minimal reminders and prompting. This list is not exhaustive. Please use appropriate supervision for all of these!

Ages 2-3

- Clean up toys
- Help make their bed
- Put own laundry in hamper
- Clean up spills
- Dust

Ages 4-5

- Sort laundry
- Set & clear the table
- Sweep
- Hang up towels
- Carry light grocery bags
- Dress self

Ages 6-7

- Brush teeth and hair
- Fold laundry
- Put laundry away
- Make own bed daily
- Unload the dishwasher

Ages 8-11

- Personal hygiene
- Clean up bedroom
- Do homework on time
- Wash dishes
- Rake leaves

Ages 12-13+

- Manage alarm clock
- Write thank you notes
- Vacuum
- Clean bathroom
- Charge all devices
- Prepare food
- Change bedding
- Laundry

Every family and every child is different. The point is to find things your child can do independently and safely!





The Bedtime Pass

Does your child come out of their room after you've said good night and closed the door? How many times? At what times of night? If your child is coming out all night long, it's time for a solution for both of you to get more sleep. Time for the Bedtime Pass.

The Pass Itself

- ✧ Much like a hall pass at school. You get one (or a number you choose) pass that allows you to leave after bedtime.
- ✧ Make a physical pass. A piece of colored paper with handwritten "bedtime pass" on it is sufficient. Or make something cutesy from Pinterest. Whatever is in your wheelhouse.

Teach the New System

1. "Getting out of bed all night isn't working for any of us. Tonight we will start a new plan."
2. Let your child help create the pass and choose a special place in their room to keep it.
3. "If you follow the plan, you earn a reward. Want to help me think of an awesome reward for staying in your room?"

The Reward(s)

- ✧ Make the reinforcers (rewards) good.
- ✧ Give levels of reward for number of passes use. Give a BIG reward for not coming out at all and a smaller one for using one or two passes.

Tips & Tricks

- ✧ Set an achievable number of passes. If your kid comes out 7 times, maybe start with more than 1 pass.
- ✧ Give them things to do in their room/bed while awake. You can read these books/ play with these toys quietly if you aren't asleep.





Checklists

Positive Reinforcement

- Watch for those good behaviors
- Give a reward immediately!
- Pay attention to see if that behavior keeps occurring!

The premack principle

- Use the phrase “First ____, then ____.”
- Use good rewards
- Give the reward ASAP
- Pay attention to see if that behavior keeps occurring!

Token Economy

- Select 1-3 target behaviors
- Choose a simple system/ format
- Choose rewards.
- Start using it!
- Give tokens often.
- Lots of praise!
- Make sure they know what they did right.

Task Analysis

- Identify a problem routine
- Write out every little step in order
- Test your list
- With your child, illustrate it (google images, drawing, etc)
- Teach each step
- Reward each step!
- Reinforce the WHOLE thing!





Checklists

Modeling

- Identify a time, routine, behavior where you repeat yourself regularly.
- Try modeling the desired behavior instead!
- Use a verbal model.
- Use a physical model (act it out).

Video Modeling

- Identify a time, routine, behavior where you repeat yourself regularly.
- Try modeling the desired behavior instead!
- Use a free online video model.
- Make your own video!



Checklist: BST



Behavior Skills Training

Step 1: Instructions

- Work WITH your child.
- No lectures! Short and sweet.

Step 2: Model

- Physically act out each desired behavior.
- Make it fun!

Step 3: Rehearse

- Optional: create a script.
- Keep going until your child gets every step correct.
- Practice multiple examples.

Step 4: Go live & give feedback!

- Give specific praise for all steps/ behaviors done correctly.
- Work WITH your child.
- Lots of positive reinforcement!
- Prompt them to get it right- use visuals, script, model the correct answer.





Reflection

What behavior did you try to increase?

What reinforcer did you use?

What behavior tool did you use?

Did the behavior increase?

Yes

No

Was it easy or was it hard?

Was it worth your time and effort?

*Repeat this reflection, even just to yourself in your mind after each behavior tool you try out!





Keys to Success

- ✓ Choose one strategy and be consistent with it!
 - ✓ You do not need to do all of these presented here at the same time!! Just pick one and stick with it.
- ✓ Be consistent. Whatever method you choose- be CONSISTENT!
 - ✓ Follow through. This means don't give an instruction or a demand you don't intend to see through. This also means don't offer a reward you aren't ready to give right away.
- ✓ Make the reward (the reinforcer) match the amount of effort your child has to put forth. If things are really super difficult right now, a small reward likely won't be enough. If you are attempting to make a BIG change in behavior, offer a BIG reward.
- ✓ Rewards can be activities, privileges, and other free things. Be creative.
- ✓ Involve your children in the planning and preparation of the new system.
- ✓ Let your kids pick their own rewards. Be ready to change out rewards as necessary.
- ✓ Any time you say these strategies aren't working- increase the reinforcement! Make it worth your kids' effort. Give better, bigger, more immediate rewards!
- ✓ Review the target behaviors regularly. What CAN your child do instead of the problems you've been having lately?
- ✓ Make things more FUN for your kids!
- ✓ Model desired behaviors for your child. 'Fake it til you make it' with that upbeat attitude! 😊
- ✓ **Consistency is key!!**

