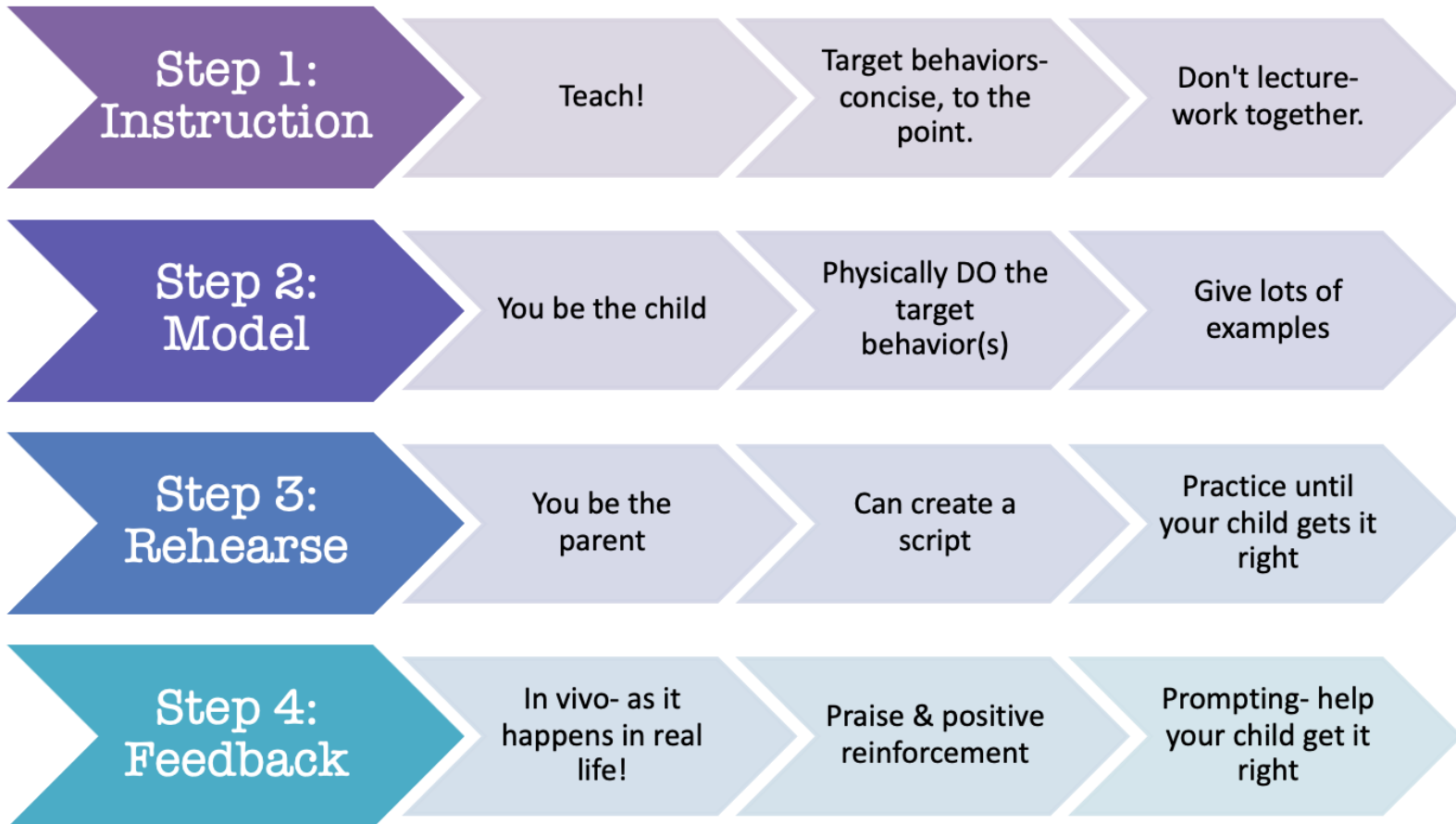


Behavior Skills Training

Teach & Practice Skills



- 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!

BEHAVIOR SKILLS TRAINING CHECKLIST

INSTRUCTIONS

- _____
- _____
- _____

MODELING

- _____
- _____
- _____

REHEARSAL

- _____
- _____
- _____

FEEDBACK

- _____
- _____
- _____

Behavior Skills Training

Example from 'Enjoy Parenting'

Unstructured time at home

1

Instructions

"For 30 minutes, you are to play on your own while I cook dinner. You may play in your room or the playroom. I am not available to play with you so choose items you can do by yourself."

2

Modeling

"Here's what that looks like."

3

Rehearsal

Now switch roles and do the whole show again. Your child needs to rehearse the target behavior(s) with you.

4

Feedback

Use prompting to remind your child of the target behavior(s). Jump in and model on the fly again. Don't criticize or point out flaws. Positive reinforcement!

Behavior Skills Training

Example from 'Enjoy Parenting'

Chores

1

Instructions

"We are using this chore chart to help you be successful at having responsibilities around the house. Find what day it is on the chart, see what chore you need to do, then go do it. When you are done, put a checkmark next to it in the box. When you have all the checkmarks, you can have 30 extra minutes of video game time on the weekend."

2

Modeling

"Okay, I found today on the chart. Today I'm in charge of sweeping the kitchen and taking out the trash. Gross. Taking out the trash stinks. I don't want to do it. But if I don't...no extra video game time. I really wanted to play my game...I guess I'll just get this over with."

3

Rehearsal

Switch roles and have your child act out the steps you outlined in the instructions. Do it more than once if they skip any steps. We practice until we get it perfect.


4

Feedback

Be present and attentive as this new awesome chore chart system gets rolled out. Give lots of praise and positive reinforcement for all steps done correctly and independently. When they get stuck, help them out with a reminder of the terminal reinforcer or a prompt of how to do the next step. Feedback means both the praise and the correction.

Behavior Skills Training

Extra Resources



**MEAL TIME
BEHAVIOR
PROBLEMS?**

LET THE SCIENCE OF BEHAVIOR
SAVE YOUR FAMILY DINNER
TABLE!

**Behavior Skills Training at Dinner
Time**

parentingwithaba.org



**Behavior skills training: daunting or easy?
What do you think?**