

Challenging Behaviors for Families

Dr. Robin McWilliam
Siskin Children's Institute

Outline

- Answering participants' questions
- Routines-based prevention
 - Focused RBI-FBA
- 11 principles of behavior management
- Supernanny right and wrong
- Sit and watch
- Can you help Siskin Research?

Contact

- Robin.McWilliam@siskin.org
- www.siskinresearch.org
- This PowerPoint on website, under Presentation, within the week

A Solution to Challenging Behaviors

- http://www.youtube.com/watch?v=M9tv_zM-G84&feature=related

Answering Participants' Questions

- What questions do you have about a child's behavior?
 - Child age?
 - Disability?
 - Setting/routine
 - Problem behavior?
 - Triggers (antecedents)?
 - Effects (consequences)?
- What's maintaining the behavior?
 - Attention
 - Get something
 - Escape
 - Stimulation
- General categories of interventions
 - Ignore (extinction) + attention (reinforcement)
 - Time out
 - Reward for time being good and no reward for unacceptable behavior (differential reinforcement of other/incompatible behavior)

Routines-Based Prevention

- Routines: Times of the day
- How should child be engaged (expectations)?
 - What materials are available
 - People?
- How engaging is this time right now?
 - What's reinforcing at this time?
- Can you promote independence?
- Can you promote social relationships?
 - Talking
 - Social playing

Routines

- List common routines and answer questions from previous slide

Focused RBI-FBA

What we did earlier

- What questions do you have about a child's behavior?
 - Child age?
 - Disability?
 - Setting/routine
 - Problem behavior?
 - Triggers (antecedents)?
 - Effects (consequences)?
- What's maintaining the behavior?
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From CSEFEL

- http://www.vanderbilt.edu/csefel/resources/training_preschool.html#mod3a, under “Video Clips” choose
 - Brendan Before PBS – 40 seconds, child refuses to enter building (preschool age)

11 Principles of Behavior Management

1. First, it gets worse

- Introduction to Challenging Behavior
- <http://www.youtube.com/watch?v=8eCfnrGu5xo&feature=related>

2. Pick your battles

3. Prevention is better than attempting a cure

4. Be consistent but recognize that
life isn't consistent

5. Ignore what you don't want

6. Attend to the desired behavior

Use behavior-specific praise:

http://www.youtube.com/watch?v=Y7_Ra22b6UI&feature=related

7. Negative attention can still be reinforcing

8. Spend quality,
nonconflictual
time with your
children

9. Structure can help

10. Have realistic expectations

11. Discipline is teaching

Behavior Management Principles

1. First, it gets worse
2. Pick your battles
3. Prevention is better than attempting a cure
4. Be consistent but recognize that life isn't consistent
5. Ignore what you don't want
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Lessons From Supernanny

- Observation
- Feedback/criticism
- Lessons
- Materials, activities, & structure
- Encouragement or criticism
- The miracle happens
- “Good-bye, Jo-Jo”

Rethinking Supernanny

- The naughty step
- 1 minute for every year
- Saying “sorry” at the time
- Criticism

Sit and Watch

...a variation of time
out

Shhhhh!

- 2 warnings
- Take the child to the side of the activity
- Very briefly, say, “Sit here and watch until you are ready to (play) nicely.”
- Return to the activity and have fun
- If the child leaves to return to the activity, welcome him or her
- Don’t be concerned about amount of time in sit and watch
- If the child leaves to do something else appropriate, it’s fine
- If child resumes undesired behavior, return him or her to sit and watch
- Do this as often as you can stand
- Again, do not insist on the child’s staying in sit and watch
- If it isn’t working this time, redirect the child to another activity that is not highly desirable but that is unlikely to be problematic

Need Help With Challenging Behaviors?

- Amy.casey@siskin.org
- Amy Casey, Ph.D., BCBA-D

In Groups

- Decide on three ideas you like
- After you've decided on those three, identify a barrier for putting it into practice
- For each barrier, identify a solution

General Rules for Behavior Management

1. Reward engagement
2. Check yourself against the 11 Principles
3. Use Sit and Watch when necessary