Graph of Cool Behavior Change (SO COOL!)

— Problem Behavior to get Toys
— Asking Nicely to get Toys

30
20
10
0

1   2   3   4   5
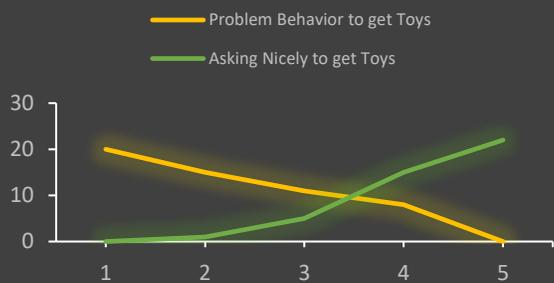
ABA *Basics*

ABA=Applied Behavior Analysis

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What is Positive Reinforcement?

Positive Reinforcement is any consequence that increases the likeliness the behavior occurs more in the future. Reinforcement is different for everyone. Toys, verbal praise, food, tickles may all be possible ways to increase appropriate behavior.

WHAT IS ABA?

ABA or Applied Behavior Analysis is the science of studying and changing socially significant behaviors. It's what we do here in the clinic all day. Working to reduce problem behaviors (i.e., aggression, nose picking) to increase appropriate behaviors (i.e., using pictures to request, etc).

When should Reinforcement happen?

Reinforcement should happen as *close* to the behavior to increase as possible. Typically, this is within *5-30 seconds*. For example, if Bessy correctly chooses the color red out of 3 pictures she should be given her identified reinforcer (i.e., tickles, verbal praise, a sandwich, or whatever) no more than a few seconds after she finds the color red.

what on earth is a verbal operant??

Verbal operants are the way that we think about communication and language in ABA. It's how we request things/activities, label items and events, answer questions, and everything in between.

How to teach new behaviors….

Physical Prompting involves the teacher hand-over-hand prompting the client to engage in the correct behavior. (i.e., Teacher moves client's hand to touch the correct picture)

Model Prompting involves the teacher demonstrating the correct behavior. (i.e., teacher touches their nose, and client then touches nose

Gestural Prompting is a subtle prompting strategy that can be used such as pointing or tapping so client engages in correct response.

Verbal Prompting is when the vocally tells the individual what to do. For example a teacher says "get your backpack".

Visual Prompting is when picture is used to prompt the correct response. Visuals/pictures can be used to teach hand washing or brushing teeth by showing a picture of the correct step.

Examples of the Verbal Operants

Manding=Requesting items/activities (i.e., a client is thirsty and asks for a drink of apple juice)

Tacting=Labeling items/people/animals (i.e., a client points to apple juice and says "That's juice!" but they don't want juice they just want you to know it's juice)

Echoics=Repeating a sound/word when someone else says it first (i.e., you say "juice" and then the client says "juice")

Intraverbals=Conversations, answering questions (i.e., "How old are you?" "49") Think the question is always different from the answer.

WHAT IS BEHAVIOR?

In ABA we define behavior as ANYTHING a person does. This includes everything from playing jump rope, to asking for a cheeseburger from your mom, petting your dog, going for a walk, pinching your brother, and everything in between.

BEHAVIOR SERVES A PURPOSE…

In ABA we believe that all behaviors occur for a reason and serve a specific function. There are 4 functions of behavior:

- *Access to Attention*: Some behaviors occur so the individual will get attention. A client pinches their mom so she will tell him to stop.
- *Access to Tangible*: Some behaviors occur so that the individual can get a toy, food item, or other preferred thing. A child cries to get candy.
- *Escape from Tasks*: Some behaviors happen so that the individual can get out of activities. A child screams so they do not have to take a shower.
- *Automatic Reinforcement*: These behaviors occur because they feel good to the individual. For example, scratching a bug bite.

so, what's up with all the data?

Data is fundamental to making decisions, updating programming, monitoring progress, and making sure what we're doing is benefiting the client. Making sure data is collected frequently and accurately is crucial and helps ensure clients are benefiting from ABA services.

ways to measure behavior…

The main two ways that we like to measure behavior in ABA are frequency and duration. There are many other ways of course, but these are the most frequently used.

Frequency, or rate, are how many instances of the behavior occur in a specified amount of time. For example, Charlie tapped on the table 5 times in 10 minutes.

Duration is how long a behavior occurs for. For example Mary Sue jumped on the trampoline for 3.5 minutes or Bob screamed for 6 minutes.