

Making Behavior Tools Accessible to Parents

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



Behavior Skills Training

Four steps to teach anything & everything!



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.

