A Book Review of <u>Parenting With Science</u>, By Leanne Page, M.Ed, BCBA

Introduction

"Applied Behavior Analysis uses evidence-based practices to help reduce problem behaviors and increase desired behaviors. Who needs these strategies more than anyone? Parents! Especially parents with young children. In this book, learn 10 strategies of ABA to help prevent problem behavior in your family. Read funny examples and get tips on behavior management to help save Mom's (and Dad's) sanity! ABA is often used for children with autism spectrum disorders, but the benefits don't stop there. Use positive behavior supports to cut down on tantrums and hopefully help stop Mom's hair from turning gray. Okay- no promises on the hair thing. But positive behavior supports are evidence-based and proven to work with any and all people- even the Littles that run our households! Every technique presented is backed up by research from the Behavior Analysis, Educational Psychology, and related fields. There is an extensive bibliography at the end that I know you are dying to read. The goal is to help parents come in contact with the actual research-based methods used by clinicians worldwide. Parents can implement these tools and reap the benefits of a calmer household with lots of positive reinforcement for all the wonderful behaviors of their children. ABA works. Research tells us that. Why not try it in your home?" - Leanne Page, M.Ed, BCBA

Positive Reinforcement

Goal	Use rewards efficiently and effectively to increase positive behavior. Quit wasting time!
Steps	1. Good behavior occurs 2. Give something to the child- praise, a sticker, token, etc. 3. Make sure the behavior increases in the future.
Tips	Pay attention to whether the behavior increases in the future. Give the positive reinforcement immediately. Make the size of the reinforcement match the behavior.

- Leanne Page, M.Ed, BCBA

Replacement Behavior

Goal	Teach your child what to do INSTEAD of a problem behavior
Steps	1. Identify the problem behavior you want to replace. 2. Choose a replacement behavior that will serve the same purpose for your child. 3. Explicitly teach the replacement behavior. 4. Reinforce the replacement behavior every time it happens!
Tips	Make sure the replacement behavior is helping your child get whatever they were after in the first place. Reinforce, reinforce, reinforce! Be consistent. Help them to use the same replacement behavior every time the situation arises until they can do it on their own.

- Leanne Page, M.Ed, BCBA

Pairing

Goal	Make an un-fun routine or activity more reinforcing
Steps	1. Pick a specific routine or activity that often leads to problem behavior. 2. Every single time you do that routine, combine it with something your kid likes - a song, activity, a toy, etc. 3. Over time, the problem routine should become more reinforcing. 4. Eventually, fade out the paired preferred activity and revel in your success!
Tips	Just pick one routine at a time. Pair it with the fun thing EVERY time to speed up the process! Save the fun thing for only when you need it. Make it extra special. Don't forget about this strategy - try it with something different someday!

- Leanne Page, M.Ed, BCBA

First, Then

Goal	Decrease Problem Behaviors by using First, Then language and/or visuals
Steps	1. Pick a specific routine or activity that often leads to problem behavior. 2. Every single time you do that routine let the child know what is coming next. 3. Always use the same language, "First _____, then_____." 4. Provide positive reinforcement for doing desired behaviors!
Tips	Be consistent with your wording. Let your kid know what is coming next as far as possible reinforcers or just what is next on the agenda. Ust the "First, Then" language anytime, for any routine/behavior/etc!

- Leanne Page, M.Ed, BCBA

Task Analysis

Goal	Help your Little be successful at regular routines, sans all the nagging from Mom
Steps	1. Identify the most problematic regular routine or activity. 2. Write out all the steps for it. 3. Review the steps with your Little - possibly illustrate. 4. Teach your child to use the checklist or picture schedule. 5. Provide positive reinforcement as they do more and more of the steps independently. 6. Eventually,fade out the use of the task analysis when your kiddo is successful!
Tips	Don't include too many steps. Keep it simple. Include your Little in making the checklist or picture schedule. Pictures are more fun to look at then reading words. Jazz it up!

- Leanne Page, M.Ed, BCBA

Token Economies

Goal	Create a structured reinforcement system to reward desired behaviors
Steps	1. Identify 1-3 behaviors and define them in Little-friendly language. 2. Identify a reward and a goal for number of tokens to earn. 3. Give an actual token for good behaviors. 4. Celebrate the reward when it is earned! 5. Repeat! Raise the goal gradually as your child is more and more successful!
Tips	Let your Little pick the reward. Start with a low goal and raise it as you go. Give lots of praise for every token. The little steps along the way are a big deal, too! Have fun with it! Change things up when you need to - when Little is tired of it, not interested, etc.

Resource List for <u>Parenting With Science</u>, By Leanne Page, M.Ed, BCBA

Non-Exhaustive Positive Reinforcer List:

Praise	Dance Party	Stickers	Breakfast for dinner
High Five	Go to favorite playground	Bubbles	Ice cream
Hugs	15 min later bedtime	Access to special toy	Make cupcakes together
Sing a favorite song	Screen time	Glow in the dark bracelets	1-3 skittles or M&Ms
Tickles	Set up a ninja warrior course	Gets to choose the music in the car	Nanny makes a blanket fort

A more detailed list:
https://www.earlywood.org/cms/lib/IN07001762/Centricity/Domain/159/Reinforcement%20checklist%203.pdf

First/Then Examples/Template

First	**Then**

First	Then

Task Analysis Examples/Template

Morning Routine

Brushing Teeth

Token Economy Examples/Template

I am working for: Playground
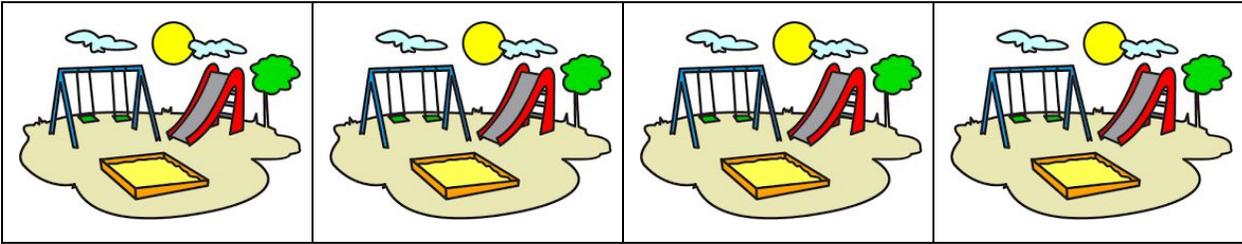
I am working for: Breakfast for Dinner