

LEARNING THE BASICS BEHIND BEHAVIOR USING ABA

DAUPHIN COUNTY MH/A/DP
JUNE 2019 RESOURCE SHARING



What is ABA?

Appplied **B**ehavior **A**nalysis

A scientifically driven method of teaching new skills and reducing problem behavior.

Why is my child behaving this way?

Key Players

Reinforcement: A change in the environment after a behavior that **INCREASES** the behavior in the future.

Creates longer lasting effects.

EXAMPLE: When Johnny cleaned up his toys before bed, he got an evening snack. In the future, he was more likely to clean up his toys before bed.

Punishment: A change in the environment after a behavior results in **DECREASE** of the behavior in the future.

Immediate effects but not long lasting results.

EXAMPLE: When Sara threw her toy at her brother, she was sent to her room for a time out. In the future, she was less likely to throw toys at her brother.

Functions of Behavior

Access to a tangible: A child receives a preferred item or activity. (Access increases behavior, therefore reinforcement)

Ex: Whenever Suzy cries, her mom gives her a pacifier.

Escape: A child gets out of doing something that he or she does not want to do. (escape removes something negative so will still increase a behavior, therefore also reinforcement)

Ex: Bob asks to see the nurse when his teacher starts handing out the math test.

Attention: A child receives attention from those (parents, teacher, sibling, or peers) in the environment. (Access to attention increases behavior, therefore reinforcement)

Ex: Ralph made his class laugh when he said a bad word.

Automatic: A child receives some type of internal sensation. This does not rely on other people (and continues when alone) and are often referred to as self-stimulating or self-stimulatory. (Access increases behavior, therefore reinforcement)

Ex: When Sara cracks her knuckles, she feels tension release.

Resources: For more of an overview on ABA, check out the resources below.

<https://www.youtube.com/watch?v=HnyYwWlenJg>

<https://asatonline.org/for-parents/learn-more-about-specific-treatments/applied-behavior-analysis-aba/>

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