

APPENDIX K

ABCs of ABA for Parents

The ABCs of ABA

PRINCIPLES OF APPLIED BEHAVIORAL ANALYSIS (AND YOU)!

Most every effective strategy that improves behavior in our kids comes from the discipline and framework known as "Applied Behavioral Analysis." While it may sound kinda technical, don't think that you need certifications or specialist training to understand how this works.

A-B-C

Every time a problem behavior occurs, write down the acronym: A-B-C



Antecedents



Behavior



Consequences

Break it Down.

Most attention is going to be given to the behavior. We certainly don't ignore behavior, but always remember to start with Antecedents.



Trigger?
What triggered the Behavior? (Trigger is another name for Antecedent.)



Can We Change the Trigger?
Yes? Change the trigger and see what happens.



No? The Trigger Can't be Changed
Okay, describe the negative behavior.



Identify a Positive Replacement Behavior
Take a real effort and real time to teach a replacement behavior



Identify a Consequence While most of your time and energy should be focused on teaching new behaviors, don't forget to have a consequence for the negative behavior.



Pivot (if necessary) You may have a hunch based on your data why the approach isn't working. Test your hunch.

(Continued)

(Continued)

Functional 4

Now that you've begun working through the ABCs, take a moment to hypothesize about the function of the behavior. In other words, all behavior is communication. What (out of the "Functional 4") is the student trying to communicate?



Escape

The child wants to avoid or escape the task at hand.



Attention

The child wants attention from peers or adults.



Tangible

The child wants access to something tangible, (i.e., toy, phone, etc.)



Stimulation

The child engages in the behavior because it feels good.

The Trick

All of this information should lead to 2 things:
Teaching replacement behaviors and
teaching the child how to get their function on our terms.



www.totempd.com

Source: Author created using Venngage.com

Retrieved from the companion website for *Good Parenting Strategies (GPS): The No-Guilt Survival Guide for Parenting During the Pandemic and Beyond* by Ben Springer. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2021 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.