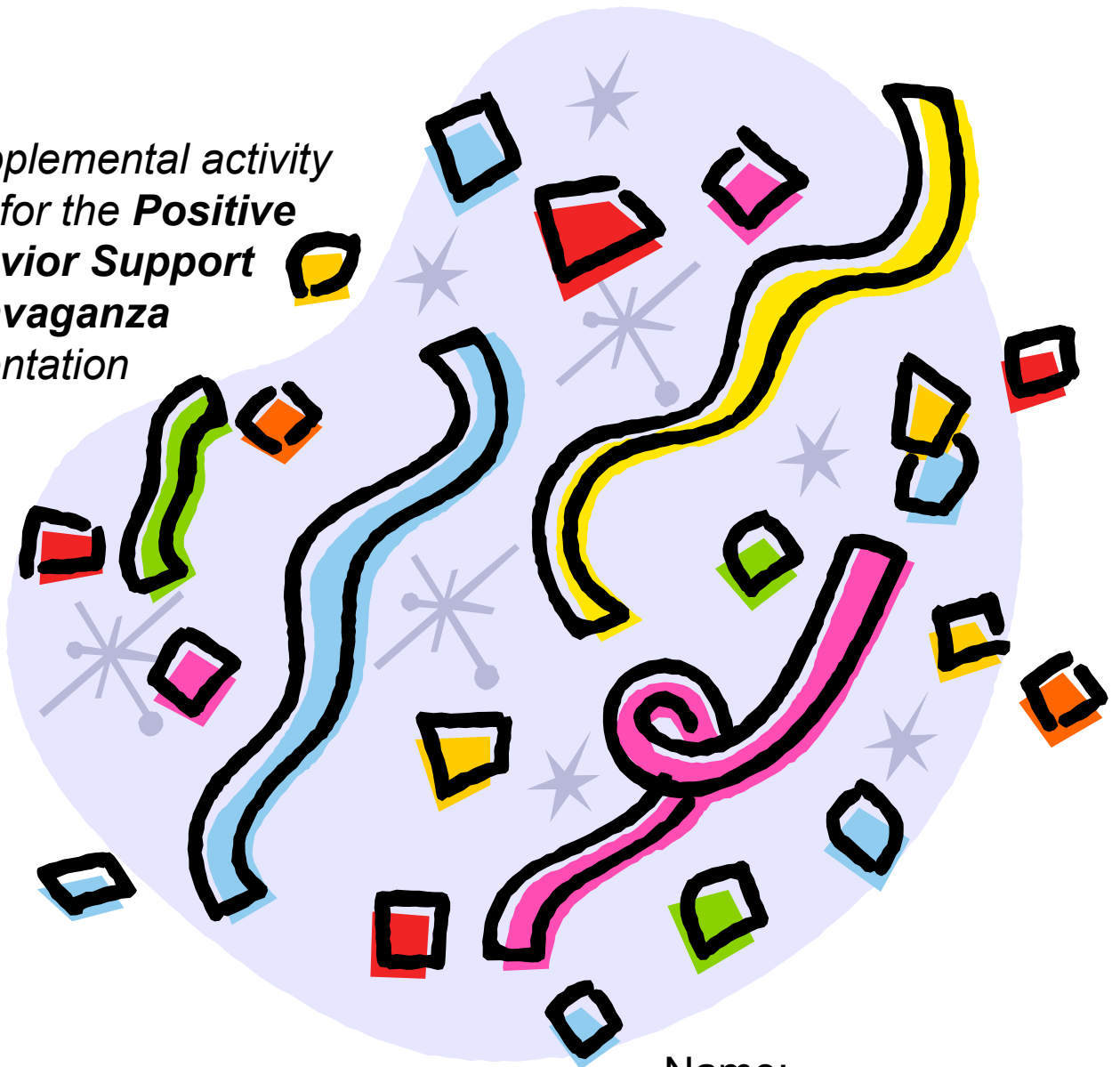




Family Workbook

*A supplemental activity
book for the **Positive
Behavior Support
Extravaganza**
presentation*



Name: _____

Family Workbook

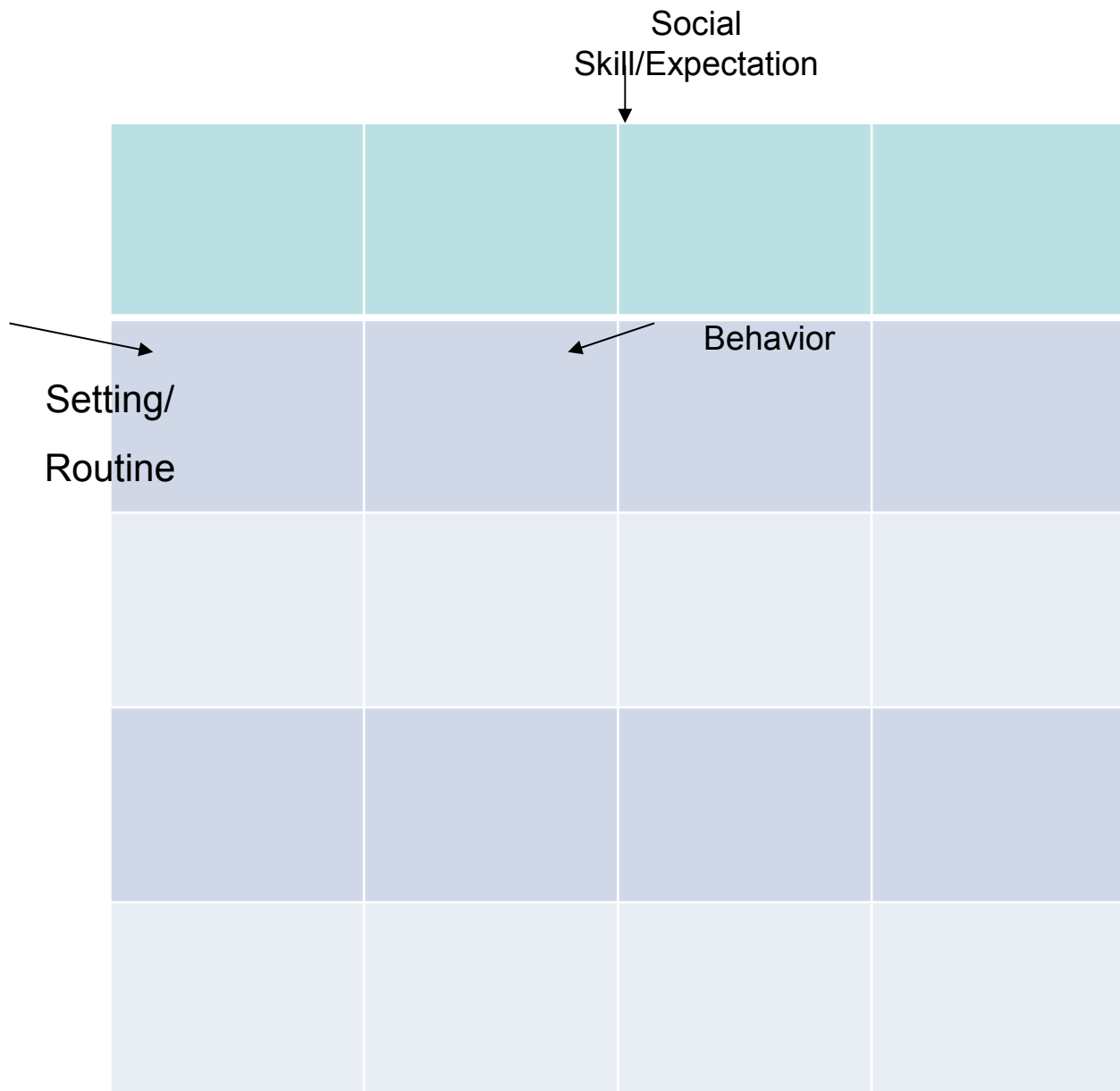
February 27, 2010

This workbook is a supplemental activity to the presentation “PBS Extravaganza” presented by **Kelcey Schmitz**, University of Kansas, **Matt Enyart** and **Katie Hargrove**, The ARC of Douglas County.

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Home Matrix

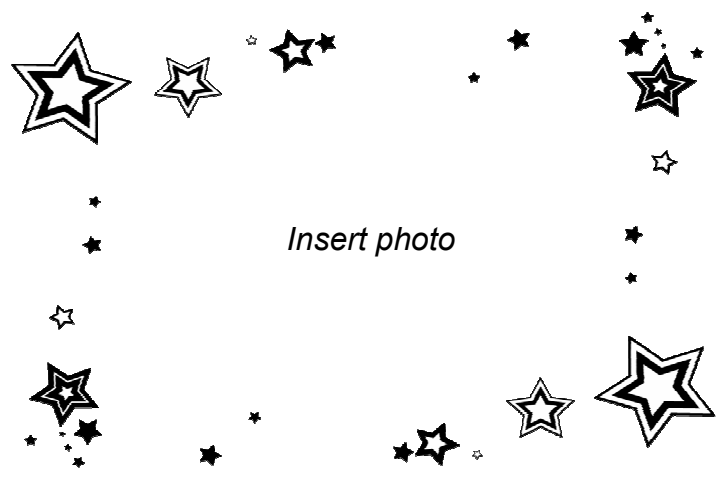


“little” changes that make a “big” difference

What are some ways you already prevent
problem behaviors? Can you think of
more?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

About my kiddo



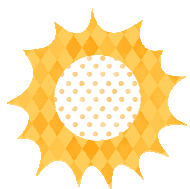
Insert photo

<p>Strengths</p>	<p>Competence-skills needed</p>	<p>Interests (Likes)</p>
<p>Accomplishments- what has the child/team done well?</p>	<p>People/Places- Where do they go? Where would they like to go?</p>	<p>My child's dream- what does he/she want or want more of?</p>

Next Steps:

Routines

Write down as many routines that occur in your house as you can think of. *Getting ready for school, after school, homework, bath/bed time etc.* Circle the ones that are the most stressful.



Morning

Afternoon



Evening

Weekend



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Behaviors

List the behaviors the child does well (positive) and the ones that are problematic (challenging)-prioritize problem behaviors.



Positive	Challenging

Challenging behaviors occur in context-

list the challenging behaviors on the left and routines on the right and draw a line from the behavior to each routine it occurs within.



Antecedent Behavior Consequence (ABC) Recording Form-

Observe or recall a recent problem behavior. Fill in the appropriate columns.

Antecedents What happens <i>before</i> the behavior occurs?	Behavior- what does it look and sound like?	Consequence What happens after? What was the response?

“Make & Take”

Data-

Data can be collected in many ways. Here are a some samples of data collection sheets.

	Mon	Tues	Wed	Thurs	Fri	Sat
6am						
7am						
8am						
9am						
10a m						
11a m						
12p m						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						

14						
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12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	m	t	w	r	f	s

Data

	Mon	Tues	Wed	Thurs	Fri	Sat
6am						
7am						
8am						
9am						
10a m						
11a m						
12p m						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						

14						
13						
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	m	t	w	r	f	s



Investigate

Where/when do you see the behavior?

Where/when is the behavior least likely?

Who is around when the behavior happens ?

What happens before-what seems to trigger the behavior?

What happens right after the behavior? How do others respond?

Why do you think the child does this behavior?

What would be ok with him/her doing instead?

Summary

1. My child's problem behavior looks and sounds like:

I think the reason (or function) they do the behavior is:
(circle one)

Communication

Attention

Sensory

Avoid/Escape

2. Summarize-(Hypothesis Statement)

When _____ occurs, the child
_____ in order to
get _____.

Great!! You are
ready to start
developing a plan!



Let's Brainstorm some Strategies

1. Prevention- *What can we change in order to avoid problems, make difficult routines better or prompt the behavior we want to see?*
2. Replace the Behavior- *What skills do we need to teach to take the place of the problem behavior?*
3. Responses- *How will we change our responses in order to reward the positive behavior and not problem behavior?*



Let's put it all together now...

Brainstorming-Strategies

Setting events	Antecedents-triggers	Problem Behavior	Consequence-Response
Setting event interventions	Antecedent Intervention Strategies *Avoid difficult situations *Make routines easier *remind	New Skills/Replacement behaviors	Consequence Interventions/New Responses *reward good behaviors
			<p style="text-align: right;">14 Schmitz, 2010</p>

Rewards/Reinforcers

Tangible-

(food-chips, crackers, popcorn, mini m&ms.)
(object-toy from happy meal, sticker, bubbles)



Social

(praise, attention)



Activity

(video clip, catch, ride bike)



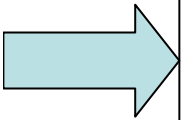
Other-

Action Plan

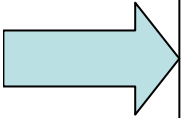
What?	Who?	When?	Comments

The Plan

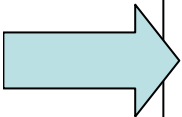
1. What is the behavior you want to change?



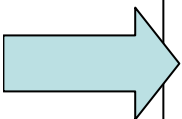
2. What would be a better behavior?



3. How can you teach and reinforce the new behavior?



4. How can I prevent the behavior?



The Plan pt. 2

5. What reinforcers will we use to reward the appropriate behavior?



6. How will we monitor progress?



7. Who needs to be involved and what will their role be?



8. What are the material/training/support needs?



Notes



Notes

