

Building Independence and Success

The Power of Reinforcement

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Tonight We'll Talk About....

- The role of a BCBA in Winchester
- The power of reinforcement and motivation
- Increasing Independence and Helping Your Child feel Successful
 - Homework Completion
 - Other areas of interest

What exactly *is* a BCBA?

Board Certified Behavior Analyst



Field of Study

- Education
- Special Education
- Administration
- Psychology
- Medical
- Business
- Marketing
- and more



Certification

- RBT
- BCaBA
- BCBA
- BCBA-D



Area of Practice

- Schools
- Clinical practice
- Counseling
- Hospitals
- Banks/business
- Politics
- Environment
- and more

BCBA in Winchester

- New position 2014-15
- District-Wide
- Team Effort
 - Consultation
 - Training
 - Assessment



Every Behavior Analyst's Goal

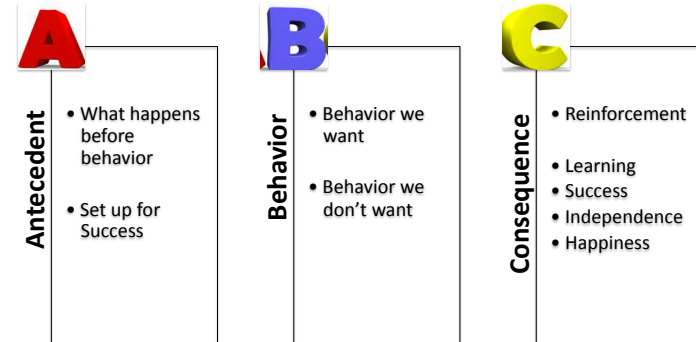
- No matter where a BCBA works, the goal is the same:

Everyone

- ✓ Learns Skills that lead to being
- ✓ Independent
- ✓ Happy
- ✓ Successful



Every Behavior Analyst Asks



Every Behavior Analyst

- Seeks the answers to:
 - When is the behavior happening?
 - Why is the behavior happening?

✓ PURPOSE

Every Behavior Analysts Asks:

✓ PURPOSE

- When do they do what I'm asking?
- When do they do something else?

Every Behavior Analysts Asks:

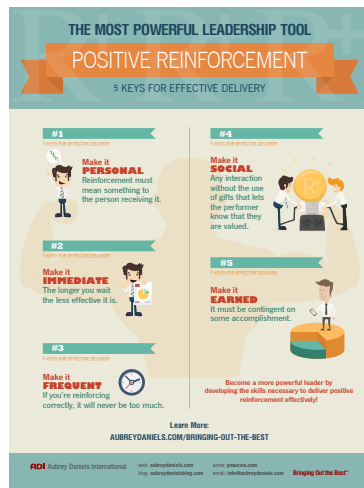
✓ PURPOSE

- Why would they do what I'm asking?
- Why are they doing what they are doing instead?

✓ *Purpose = Function*

Attention	Praise, smile, answering a question Reprimand, head shake, eye roll
Tangible	An item, activity, privilege
Escape/ Avoid	Something don't want stops or doesn't happen
Internal/ Sensory	Feels, tastes, smells good Feels, tastes, smells bad

Reinforcement



What is Reinforcement?

- The consequence

✓ Purpose

- That results in

✓ Learning

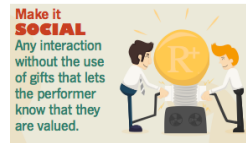
✓ Independence

✓ Happiness

✓ Feeling Successful

Our Ideal Reinforcers

- Relationships
- Social interactions
- Satisfaction of a job well done
 - Grades/learning
 - Completion of task
- But sometimes, we need to give a little more
 - But always make it social!

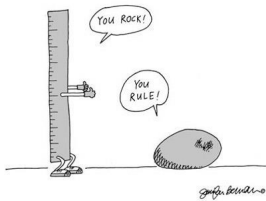


Reinforcers are Personal



- If we don't like it or want it
- It's probably not a reinforcer

Reinforcers are Personal



- Pizza or Lobster?
- Ski Trip or Sunny Beach?
- Public Praise or Quiet Praise?
- Smile or High Five?
- Gift or \$\$ for own choice?
- Or....

What is Motivation?



- Wanting to do Something
 - Because it feels good.
 - It gives us a feeling of satisfaction.
 - It makes someone else happy/proud
 - It makes us feel happy/proud.

What is Motivation?

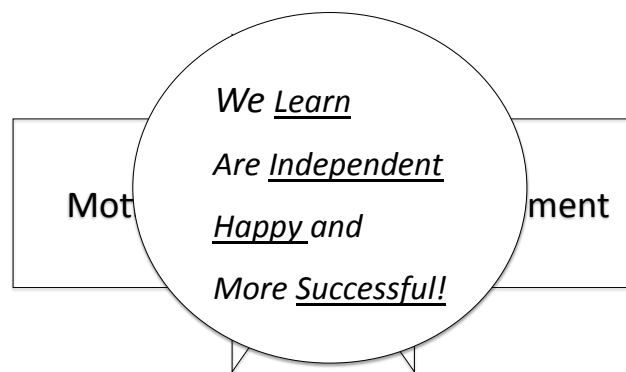
- But sometimes
 - What *we want* \neq What *they want*



Motivation is Personal

- Why/when are we motivated?
 - ✓ What do we 'get' for doing something we want?
- Why/when are we not motivated?
 - ✓ What do we 'get' for *not* doing something we don't want?

When Motivation and Reinforcement Meet:



Let's Look At Some Everyday Examples

Personal (current!) Example



- Procrastination!
 - I *plan* how long I can avoid
 - I *organize* my procrastination
 - But will avoid only so long
 - Because I *do not* want the consequences of not doing

Personal (current!) Example

- Procrastination!
 - The *Immediate* reinforcement of
 - Postponing something I don't want to do
 - and
 - Getting what I want *right now*
 - Is the most powerful
- How much of what we do fits into this?
- How much of what our children do fits into this?

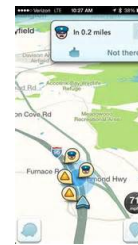


Motivation + Reinforcement

- Why do you go to work?
 - The *Motivation* for going to work:
- The *Reinforcement* for going to work:

Motivation + Reinforcement

- Why *do* you drive the speed limit or stop at a stop sign?



- Why *don't* you drive the speed limit or stop at a stop sign?

Motivation + Reinforcement



- Why do students go to school?
 - The *Motivation* and *Reinforcement* for going to school:
 - The *Motivation* and *Reinforcement* for not going to school:

Motivation + Reinforcement

- Why do students complete homework?
 - The *Motivation* and *Reinforcement* for completing homework:
 - The *Motivation* and *Reinforcement* for not completing homework:



But...Wait a Minute!

- Do they know *why* they have to do homework?
- Is it *important* to them?
 - If it is not
 - And we have decided it is important
 - How do we get them to complete their homework?!?

✓ Purpose

✓ Motivation

✓ Reinforcement

And How Do We....

- Remove reinforcement for the behavior(s) we don't want?
 - The “it gets worse before it gets better” problem



- And reinforce the behavior(s) we do want?

And How Do We....

- So our children:

✓ Learn Skills that lead to being

✓ Independent

✓ Happy

✓ Successful



Homework Help

- Be In The Know!
 - Communication with teachers
 - What is Objective?
 - Amount completed?
 - Amount of time?
 - Review of material?
 - Preview of material?
 - Accuracy?
 - Effort?



Homework Help

- Regular Routine
 - Plan Daily hw Schedule
 - Post Schedule
 - Check off
 - Bins/folders

– First ____ Then ____
 • “Grandma’s Law”



Homework Help

- Regular Routine
 - Plan Long-term hw Schedule
 - Lists/calendars
 - Break down big task into more smaller, daily accomplishments

Homework Checklist

Name: _____ Week: _____

(Add subjects, fill in assignments, and check them off when complete!)

Math		Reading	
Mon.	<input type="checkbox"/>	Mon.	<input type="checkbox"/>
Tues.	<input type="checkbox"/>	Tues.	<input type="checkbox"/>
Wed.	<input type="checkbox"/>	Wed.	<input type="checkbox"/>
Thurs.	<input type="checkbox"/>	Thurs.	<input type="checkbox"/>
Fri.	<input type="checkbox"/>	Fri.	<input type="checkbox"/>

Homework Help

Homework Checklist



- ☐ Use pencil.
- ☐ Write my first and last name at the top.
- ☐ Write the date at the top.
- ☐ Do my best work.
- ☐ Check my work.
- ☐ Put my homework in my Homework folder.

	Aim for 20-30 minutes of reading each day!	Parent Initials
Monday	<input type="checkbox"/> Reading: _____ min. <input type="checkbox"/> Math <input type="checkbox"/> Other: _____	_____
Tuesday	<input type="checkbox"/> Reading: _____ min. <input type="checkbox"/> Math <input type="checkbox"/> Other: _____	_____
Wednesday	<input type="checkbox"/> Reading: _____ min. <input type="checkbox"/> Math <input type="checkbox"/> Other: _____	_____

Homework Help

- Homework-Friendly Space
 - Comfortable
 - Quiet and free from distractions
 - Well-lit
- Common area or own room?
 - The pros and cons

Homework Help



- Set Up For Success
 - All materials organized, immediately available
 - Keep stocked
 - End of homework routine
 - Clean up
 - Put everything where it belongs
 - Ready to begin next day!

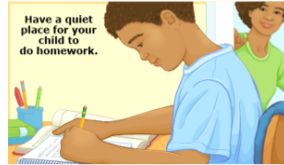
Homework Help

- Set Up For Success
 - Can something preferred be paired?
 - Special, favorite pencil or eraser
 - Stuffed animal to watch over them
 - Wear favorite hat or t-shirt
 - That brings them luck ☺
 - Go Sox!
 - Not a good idea if it distracts
 - But can be helpful to make more enjoyable!



Homework Help

- Limit Distractions
 - Sibling playing games?
 - TV on?



- Watch for Fatigue/Frustration
 - Provide mini-break if needed
 - Examples: get mail, walk dog

Homework Help

- Build in Choice
 - Order of homework assignments
 - Easier-to-harder to build momentum
 - OR
 - Harder-to-easier?
 - Different for each of us

Homework Help

- Be a Good Example
 - Do your homework at the same time!
 - Balance checkbook
 - Read a book/magazine/newspaper
 - Write letters or lists



- Model life-long learning and why learning is important

Homework Help

- Play a *Supporting* Role
 - Encourage independence
 - Teach Problem-Solving Skills
 - Provide Guidance
 - Resist Giving Answers
 - Ongoing struggles = Talk with Teachers



Reinforcement

- Reinforce
 - Preferred activity/item available when finished (grandma's law)
 - Earn points toward reinforcement at later time
 - And *Catch 'em Being Good!*
 - Don't forget ongoing praise/acknowledgement



Reinforcement

- Identify Behavior
 - Be clear and specific
 - Include your child's input
- Set Goal
 - What do they have to do?
 - May begin small then build to complete all hw



Reinforcement

- Identify Reinforcers
 - Contingent
 - Preferred
 - Social
 - Goal is:
 - Motivated
 - Happy
 - Successful



Reinforcement

"Grandma's Law" (First__Then__)

- Immediately after hw completion
 - TV or video time before dinner
 - Playing catch outside
 - Paint fingernails – now enough time to dry!
- Immediately after getting ready in morning
 - iPad in car on ride to school
- Immediately after nighttime routine:
 - Choose favorite book to read together

Reinforcement

More Delayed:

- At end of week:
 - Fri Family Game Night!
 - Pick movie to watch together
 - Special snack in lunchbox
- Biweekly or Monthly
 - Special treat (e.g., toy or book they wanted)
 - Bowling or other activity to bring friend to

Homework Contract

- Individualized
- Parent and child reach agreement
- Appropriate and Manageable
- Review after initial trial period

Homework Contract

I, _____, agree to the following terms to improve my homework and school work:

Homework will be done at this time every day unless otherwise specified: _____

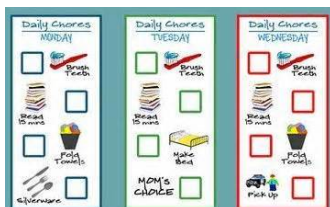
Homework will be done at this location unless otherwise specified: _____

☐ I will keep track of daily assignments by using my daily assignment sheet/notebook

☐ I will have an adult check off my daily assignment sheet/notebook when my work is complete

☐ Before I leave school I will make sure that I have all the materials I need to

Chores



Chores Today				
Morning				
Afternoon				
To Earn				

Morning/Night Routine

- ☐ Eat breakfast
- ☐ Brush teeth
- ☐ Get dressed
- ☐ Get backpack
- ☐ Put on shoes
- ☐ Put on coat



- After School Routine!
- Put Away Items
 - School Paperwork
 - Snack
 - Homework
 - Free Time
 - Dinner
 - Family Contributions



- Perhaps you came because of *motivation*
 - To help your child
 - To reduce dreaded hw time
- And joining us this evening was *reinforced* because
 - you hopefully learned (at least one new) something? Or
 - you saw some friends? Or
 - you got out of the house? Or
 - I thanked you for your time and attention? ☺