

SESSION NOTES: Behavior Modification Techniques

GOAL:

To be able to increase skills to aid in the implementation of more effective behavior modification techniques in a center based setting.

SESSION OBJECTIVES:

By the end of the session, participants will be able to:

1. Demonstrate basic understanding and practical application of behavior modification principles.
2. Develop behavior modification plan for a specific behavior challenge presented within the center.
3. Develop an increased understanding of the causes and the impact of caregiver response on challenging behavior.

SESSION MATERIALS:

cartelina paper

markers

visual aids:

I. Objectives:

1. Demonstrate basic understanding and practical application of behavior modification principles.
2. Develop behavior modification plan for a specific behavior challenge presented within the center.
3. Develop an increased understanding of the causes and the impact of caregiver response on challenging behavior.

II. Guidelines for negative consequence delivery:

1. Connecting consequence to behavior- using some of the suggested consequences and explaining why they are being punished
2. Offer alternative behavior- explain to child what they could be doing instead to avoid punishment in the future.
3. Keep a calm voice, firm, reduce distance between yourself and the child- avoid shouting across the room, but try to be more discreet and private in your talking to the child.

III. Guidelines for positive reinforcement delivery:

1. Identify and define target behavior
2. Choose a positive reinforcement that can be done regularly
3. reward should be immediate.
4. the caregiver should state to the child why they earned the reward
5. the reward should happen every time the child display behavior at first and slowly be reduced so it does not happen every time because the child learns the skill.
6. be enthusiastic

IV. Procedure for identifying a behavior management plan:

1. define the target behavior
2. explore possible causes