



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

August 2022

ABA Clinically Proven Principles

PLANNED IGNORING

APPLIED BEHAVIORAL ANALYSIS (ABA) FOCUSES ON LEARNING TO LEARN BY USING CLINICALLY PROVEN PRINCIPLES AND TEACHING STRATEGIES. THESE TEACHING STRATEGIES FOCUS ON INCREASING SKILLS, SUCH AS PROSOCIAL BEHAVIORS, COPING TOOLS, DAILY LIVING SKILLS, AND COMMUNICATION.

Planned ignoring falls into the “C” of our ABC’s of behavior: Antecedent, Behavior and Consequence. The consequence of a behavior, what happens directly after the behavior occurs, will either decrease or increase the behavior occurring in the future. Planned ignoring can be used to decrease behaviors, often ones that are attention-seeking. When implementing planned ignoring, the following must occur:

- Avoid eye contact; don’t look at the child
- Do not touch the child; walk away if necessary
- Use a “neutral” facial expression; don’t react
- Do not talk to the child or respond to their request/demand in any way
- Make sure that your ignoring is obvious; abrupt and exaggerated

In some cases, ignoring the child and the behavior is not safe or realistic. In these cases, we can adjust how we implement planned ignoring.

Ignore the Child but not the Behavior:

In the instance of dangerous behavior (running away, kicking, etc.) intervention should be done so in a neutral manner. While you are addressing the behavior (creating a safe area), you do not have to talk or make eye contact with the child to demonstrate you are not providing attention reinforcement for that behavior.

Ignore the Behavior but not the Child:

In some instances, a behavior might occur so frequently that to ignore the behavior would be to ignore the child for most of the day. A child might ask a question repetitively, even if it has been answered, so you can choose to engage the child in other activities or conversations but provide no more acknowledgement to the repetitive question.

Planned ignoring can be a powerful consequence to apply, if implemented correctly, as it will help your child know exactly what is expected and ease those difficult behaviors and transitions.



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Meet Our Team



KAITLYN MILLER

Time at Burrell: 1.5 years

Role at Burrell: RBT Team Lead for Dino Pod

Favorite Quote: "Life is going to give you just what you put into it. Put your whole heart in everything you do."

- Maya Angelou

Best Part of Your Job: Best part of my job is getting to see how much progress our kids make and getting to be a part of that learning process while creating such fun memories and connections with all of them!

Monthly Try It

PLANNED IGNORING: HOMEWORK CASE EXAMPLE

Robbie enjoys looking out the window to see all the cars that pass by his house. He enjoys identifying each car and expects Mr. Johnson to answer his question, "What color is it?" Because this occurs several times throughout the day, Mr. Johnson has chosen to ignore the behavior but not the child. He planned to use this strategy in combination with a visual cue, three boxes. Robbie gets three opportunities each day to ask his question "What color is it?" After Robbie asks the question, Mr. Johnson will put an X in one box. When all boxes are marked, Mr. Johnson will show Robbie that all his opportunities are finished for the day and that he will no longer answer the question of the color. Mr. Johnson will then utilize the "Ignore the Behavior but Not the Child" strategy for the remainder of the day. That is, he will continue to chat with Robbie but will not answer his question about the cars passing by. Mr. Johnson thinks there is a chance that Robbie may escalate (ask the question louder, repeat the question at a high frequency). Mr. Johnson plans to ignore all these behaviors unless Robbie becomes aggressive. If Robbie hits Mr. Johnson, he will move into "Ignore the Child but not the Behavior" strategy and calmly guide Robbie into his room for time out.



Upcoming Events & Reminders

Upcoming Holidays

Burrell offices will be closed Monday, Sept. 5, for Labor Day.

Do you have a sensory friendly activity/event you would like to share? If so, reach out to your learner's supervising BCBA!

You might have noticed our bright Tetris board on the wall in the waiting room! This was created by a few staff members to promote positivity through writing "shout outs" to other staff. Some of our clients have even joined in while they are waiting for appointments! We have all enjoyed the fun of taking time to read the encouraging notes people have left.



Local Sensory Friendly News

Rutledge Wilson Farm Park is a 207-acre farm park that includes an animal barn, farm-themed playground, demonstration crops and gardens, pastureland, and a 1-mile paved trail.



Photo Courtesy Rutledge Wilson Farm Park