



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

June 2022

ABA Clinically Proven Principles

REINFORCEMENT

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.

ABA is not designed to “change” an individual, but is designed to bring about engagement through the use of positive, meaningful, and individualized supports.

Positive reinforcement is rewarding your child with something that they like or enjoy after a desired behavior has occurred. The reward functions as a reinforcer if it increases the likelihood that the desired behavior will occur again. Reinforcers can involve food or drink, hugs, praises, social attention, and favorite toys or activities such as video games or one-on-one time with a parent. Reinforcement is most effective if it is provided immediately after completing the desired behavior, whether it is through earning tokens that add up to a preferred item or activity or in a first-then format. Just as was shown when we discussed prevention strategies, first-then boards are a great way for your child to see how and when they get their desired item or activity.

There are some things to remember when using reinforcement to help maintain its effectiveness:

- Keep requests reasonable. It might be harder for your child to pick up toys, eat dinner, and shower before being given the reinforcer versus just picking up toys first.
- Give specific praise. “Thank you so much for picking up all of your toys! Now you can watch __ minutes of TV!”
- Give reinforcers quickly following the desired behavior. The closer the reinforcer is given after the desired behavior, the more effective it will be.
- Help maintain the value of the reinforcer by not having it freely accessible all of the time. If watching TV can occur at any time, there will be less of a desire to complete the request first because TV time is not as valuable.



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Meet Our Team



SYDNEY WORTHY

Years at Burrell: 1.5

Role at Burrell: BCBA of Dino Pod

Favorite Quote: "Hold it lightly, pursue it passionately." - Anonymous

Best Part of Your Job: I love watching our learners become the best version of themselves, and teaming up with our caregivers and staff to make this happen!

Monthly Try It

POSITIVE REINFORCEMENT

Here are some examples of reinforcers to try at home!

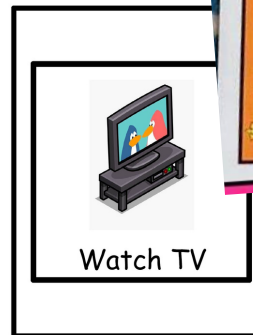


First

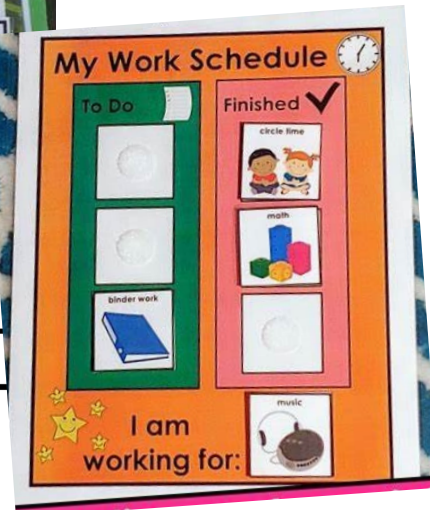


First Then Cards

Then



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

Local Sensory Friendly News

Sensory Friendly Morning at the History Museum | June 11, 10:00 a.m. - 12:00 p.m.

The History Museum on the Square is hosting a time where the lights will be dimmer, the sound will be softer, and quiet spaces will be available. Contact the museum ahead of time if you would like a sensory map or social story to prepare for your visit. General admission into the museum applies.

Alamo for All-Movie Program at Alamo Drafthouse Cinema

On Tuesdays and Wednesdays (and select shows on Saturday and Sunday mornings) all shows starting before 2:00 p.m. are sensory friendly. These shows are available to all ages (including infants) and includes lights turned up, softer sound, talking/noise and moving around allowed, relaxed late policy, and adaptive technology welcome.

Urban Air Adventure Park

Every first Sunday of the month you and your child can participate in a sensory friendly jump time from 10:00 a.m. to 12:00 p.m. There will be no flashing lights, no whistles, a low music level, and fewer guests to reduce crowds. Contact the park for a reduced rate.

Springfield-Greene County Library Summer Reading Program: Oceans of Possibilities

Beginning June 1, pick up a game board at any library branch or log on to thelibrary.org/summerreading and follow the links to get registered. Check out the Library website for a list of free programs, activities, games, events, and more!

Silver Dollar City Family Calming Space

The first-ever Family Calming Space is a room created to soothe guests with sensory processing disorders. There's privacy for one family, with no time limit. With advice from Mercy experts, the space includes comforting colors, soft seating, low lighting, books, sensory toys, and a crash pad for rest, rolling or jumping.