



# CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

September 2022

## ABA Clinically Proven Principles

# COMPLIANCE

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.

This month we will be discussing compliance training. We all have experienced a child engaging in non-compliance, or a child not engaging in the task that was asked of them. This habit can be learned when commands are given to a child, but they are then allowed to not complete the task. In order to help your child learn to willingly engage in those requests that need to be completed, we must teach a new habit of listening and then following through with the command given.

As you begin to think about what compliance looks like in your home, start to make a list of ten directions that your child has no trouble following through on. Additionally, compile a list of ten directions that your child may not usually follow. For example, they may always follow through with "Let's play outside!" but may often struggle with "Put your toys away and sit for dinner."

As you begin implementing following through with commands, these four steps can be helpful:

1. Stand close to your child and make sure you have their attention.
2. Tell your child what to do (don't ask). For example, say, "Clean up." instead of, "Can you clean up?" State the command clearly and in as few words as possible. For example, "Clean up." instead of "Come on buddy! It is clean up time!"
3. Get on their level and stay in close physical proximity to your child as you direct them through the task. This might look like providing gestural or verbal prompts when needed to stay on task.
4. As your child begins to engage in completing the request, provide immediate and specific praise. For example, say, "Wow! You finished cleaning up the blocks!" instead of, "Good job!"



## IN THIS ISSUE

ABA Clinically Proven Principles:  
Compliance

Meet Our Team: Marissa Letterman

Monthly Try It: Acknowledging Tough Emotions

Local Sensory Friendly News

Continued on page 2

### Meet Our Team



#### MARISSA LETTERMAN

Time at Burrell: 1 year

Role at Burrell: BCBA

Favorite Quote: "...but sometimes when you're different you just need a different song. We all can dance," he said, "when we find music that we love."

- Giles Andreae, "Giraffes Can't Dance"

Best Part of Your Job: I have the best job in the world. One of my favorite parts of my job is supporting and facilitating communication--helping individuals find their voice--no matter the modality!

While we know that follow through is an important life skill to teach, we also want to approach with the mindset of connection over compliance. We want to honor what our kids are telling us and validating their "no" when possible. Even as adults, we do not always say "yes" when something is asked of us. We have just learned appropriate ways to say no. It can be better to honor the "no" in the moment instead of the child working him/herself into yelling or crying. An example could be "I hear you. Would you like to come to the table in two minutes or three minutes?" or "I can see that you are still wanting to play. I can help you pick up. Would you like to put the dinosaur or the elephant away?".

It is also important that if you are asking your child to comply with stopping a certain activity or behavior, they should know what is expected of them instead. If the instruction is to put the toys away, you can help ease your child's worries by letting them know when they will be able to play with them again. As discussed in previous months, things such as token boards, first-then boards, daily visual schedules, and positive reinforcement such as social or tangible can be utilized to increase willingness in completing non-preferred tasks.

### Monthly Try It

#### COMPLIANCE: VALIDATING THEIR FEELINGS

#### 5 Ways to Acknowledge Tough Emotions

- 1 "It's normal to feel however you feel, I'm here to talk about it when you are ready."
- 2 "I can tell you feel upset. What do you think would help you right now?"
- 3 "I don't know exactly what you're going through, but I'm here for you."
- 4 "I can tell you feel [insert emotion]. Let's take a walk and talk about it."
- 5 "Tell me how you are feeling. I'm listening."

### Upcoming Events & Reminders

#### Upcoming Holidays

Burrell offices will be closed November 24 and 25 for Thanksgiving, and December 26 for the Christmas holiday.

#### Local Sensory Friendly News

**The Miracle League Ball Field**  
(Miracle League Ball Field | Springfield-Greene County Park Board) "provides opportunities for individuals with disabilities to be part of a team and play Miracle League ball." Fall ball starts soon, so reach out with inquiries to 417-837-5808 or email [ctaylor@springfieldmo.gov](mailto:ctaylor@springfieldmo.gov).

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

**Harvest Fest at Rutledge-Wilson Farm Park** will be in operation from Sept. 27 through Oct. 23. There will be hayrides, a cow train, inflatables, a pumpkin patch, pony rides, kettle corn and more.

Rutledge-Wilson Farm Park 417-837-5949