

Summary: Shaping Behavior

Consequences

Reinforcement vs. Punishment

Reinforcement encourages a behavior to happen more often.

Example: Praising effort or rewarding completed tasks with a privilege.

Punishment decreases the likelihood of a behavior recurring.

Example: Assigning an unpleasant task after a broken rule

Types of Consequences

- Natural Consequences: Let real-world outcomes occur (e.g., losing a toy in a messy room).
- Immediate Consequences: Act quickly to address behaviors (e.g., loss of a privilege).
- Logical Consequences: Tie the consequence directly to the behavior (e.g., cleaning up a mess they caused).

Privilege Pause

A user-friendly way to decrease unwanted behaviors by pausing privileges in the moment. Best for behaviors like refusing to follow directions or struggling with transitions (e.g., screen time ending).

Choosing the privilege

1. Rights (e.g., food, shelter, safety, education) are essential and should never be used as consequences.
2. Gifts (e.g., birthday or holiday presents) should not come with strings attached or be tied to behavior.
3. Privileges (e.g., screen time, social outings) can be adjusted as part of behavior management.

Steps for Privilege Pause

1. Clearly communicate the behavior and consequence ahead of time.
2. Apply the Privilege Pause immediately after the behavior.
3. Keep the pause short and specific.
4. Avoid arguing or engaging with complaints when applying it.

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When-Then Statements

A structured approach to set clear expectations:

- When the non-preferred task is done, then the preferred activity follows.
- Example: “*When you finish your homework, then you can play video games.*”
- Can be used to communicate positive, negative, or logical consequences.

Tips for Success

- Be clear, specific, and positive.
- Always follow through with both the “When” and “Then.”
- Use sparingly alongside other strategies for intrinsic motivation.

Home Practice

Create a plan for using Privilege Pauses in your family.

Start incorporating When-Then Statements for clear and consistent expectations.