

Sample Behavior Plan

Factors Which Increase Occurrence Of Hitting

- mealtime (not getting food fast enough)
- not getting one-to-one attention
- not succeeding at what she's trying to do
- something that she enjoys is removed
- asking her to do something that she doesn't want to do
- PMS

Factors Which Decrease Occurrence of Hitting

- time out
- working towards a reward for not hitting
- being with kids who do not model or tolerate hitting
- others react negatively
- keeping a consistent pace during mealtimes

Communication/Behavioural Indicators Prior To Hitting

- scowls
- puts her head down
- hits the table first

Re-Direct Preliminary Communicative Behaviours More Appropriately

- direct her to use her voice output device programmed with "stop" or "more"
- direct her to use an appropriate picture symbol on her board
- have her keep her hands in her lap while food is in her mouth

Strategies To Avoid The Behaviour

- review expectations before activity; talk about expectations
- tell her how her behavior impacts others
- be prepared – have materials available and ready to go
- let her know that you have to briefly answer someone's question
- remind her of her reward for not hitting

Strategies To Re-Direct The Behaviour If You Notice It Starting

- place your hand on her hers
- verbal cues – remind her "no hitting" or "hands in lap"
- acknowledge her behaviour - let her know you understand that she is mad

Strategies To Respond To The Behaviour With A Consistent Consequence

- first time it occurs, give verbal feedback that this is "not acceptable"
- second time it occurs, say "next time, it's time out"
- third time it occurs, place her in "Time Out" without socially reinforcing her
- remove the item/activity