

Mylestones Therapy: Parent-Centered Behavior Management Strategy

- Supporting positive communication and reducing problem behaviors in children aged 0-3



- E.G. Carr, & V.M. Durand
- D.C. Lerman, B.A. Iwata, & M.D. Wallace,
- J. H. Tiger, G.P. Hanley, & J. Bruzek

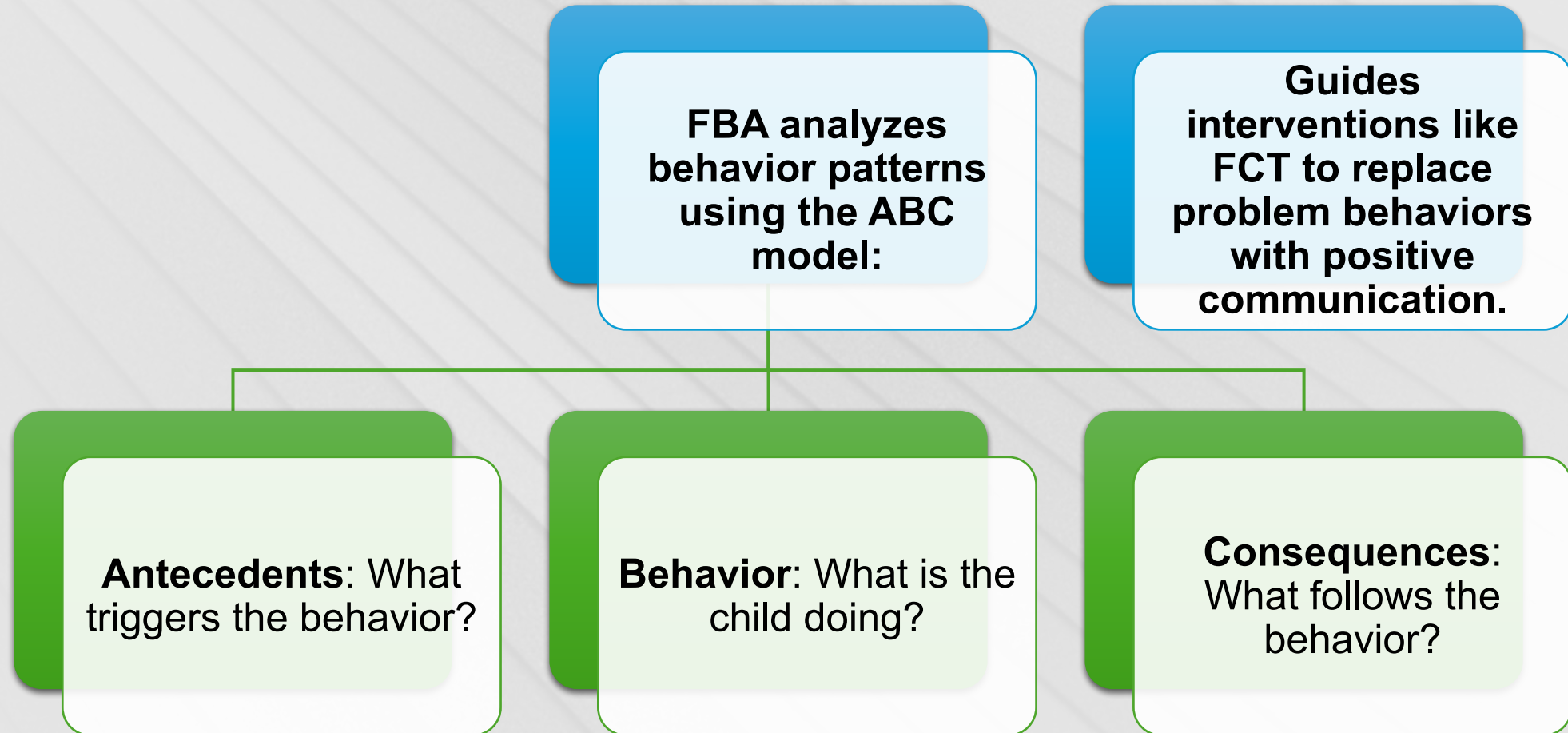


Importance of Early Intervention

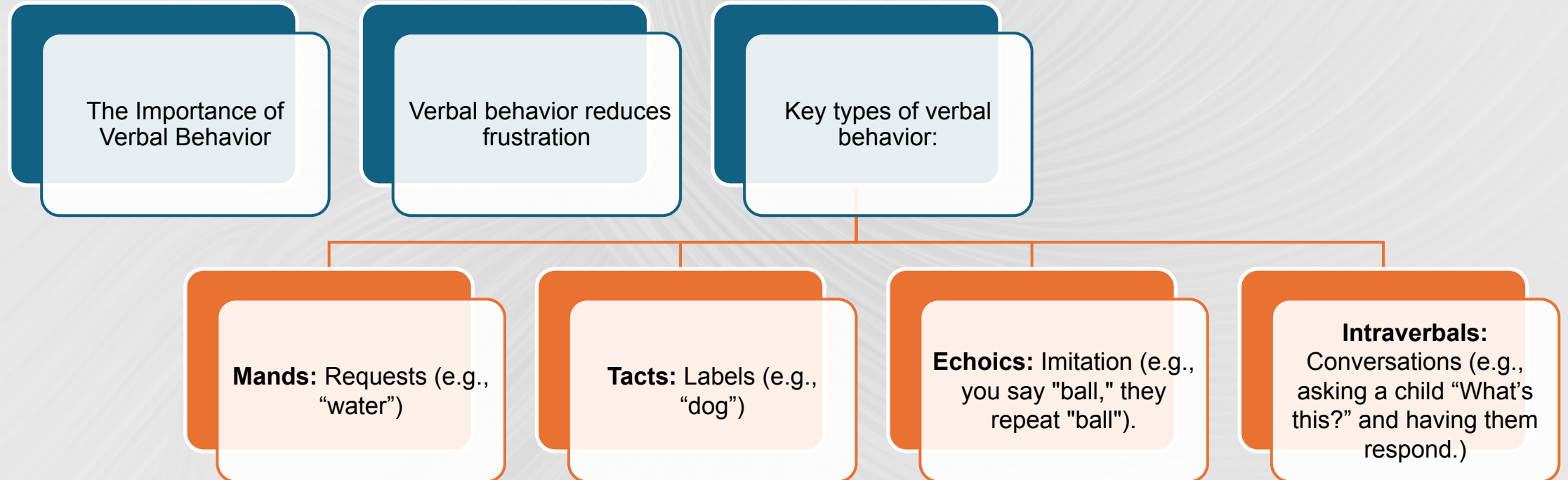
Role of early intervention and parent involvement in child development:

- Focus on early childhood (ages 0-3)
- Encourage verbal behavior development
- Reduce problem behaviors through ABA-based techniques
- Parent involvement as a critical component

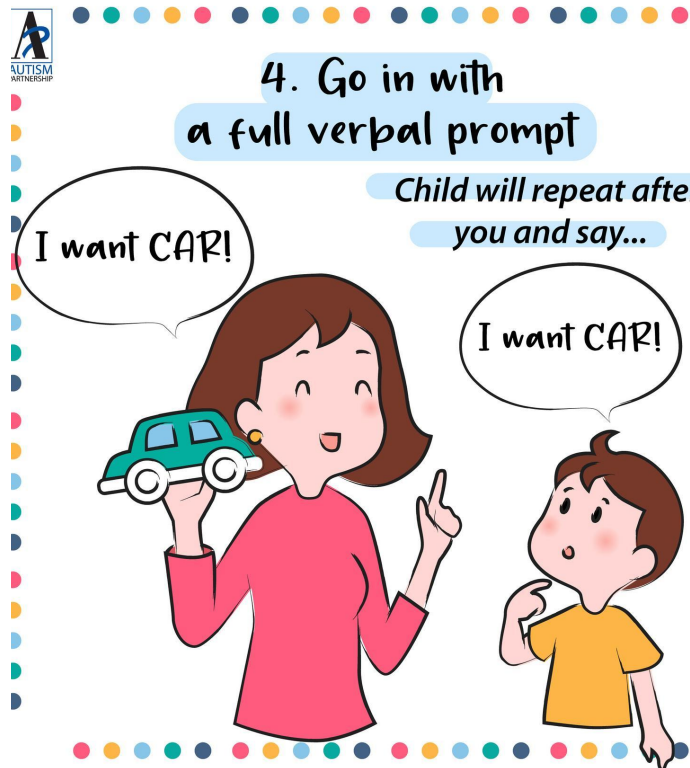
Functional Behavior Assessment (FBA)



Understanding Verbal Behavior



Functional Communication Training (FCT)



Encouraging Positive Communication with FCT

Example: Replace screaming with "Play, please"

Based on Carr & Durand's (1985) research

Teach children to use words instead of negative behaviors

Parent's Role: Prompt and reinforce verbal requests

Differential Reinforcement of Alternative Behavior (DRA)

Using DRA to Reinforce Positive Behavior



Using DRA to Reinforce Positive Behavior

- Based on Tiger, Hanley, & Bruzek (2008)

Reinforce appropriate verbal behaviors, ignore inappropriate ones

Parent's Role: Reinforce polite requests (e.g., "Snack, please")

Gradually reduce reinforcement as skills improve

Managing Problem Behaviors: Extinction

Parent ignoring tantrum and prompting for help



Managing Problem Behaviors with Extinction

- Based on Lerman, Iwata, & Wallace's (1999) research

Ignore problem behaviors, reinforce replacement behaviors

Parent's Role: If a tantrum occurs, prompt verbal alternatives (e.g., "Help, please")

Extinction Bursts

Understanding Extinction Bursts

Initial increase in problem behaviors when reinforcement stops

Parent's Role: Stay consistent, don't give in

Example: Child tantrums more before learning to request help



Generalization of Skills

- Promoting Generalization Across Settings
 - Encourage verbal behavior in different settings (home, park, outings)
 - **Parent's Role:** Model and prompt communication across environments
 - Reinforce verbal behavior with different people (family, caregivers)

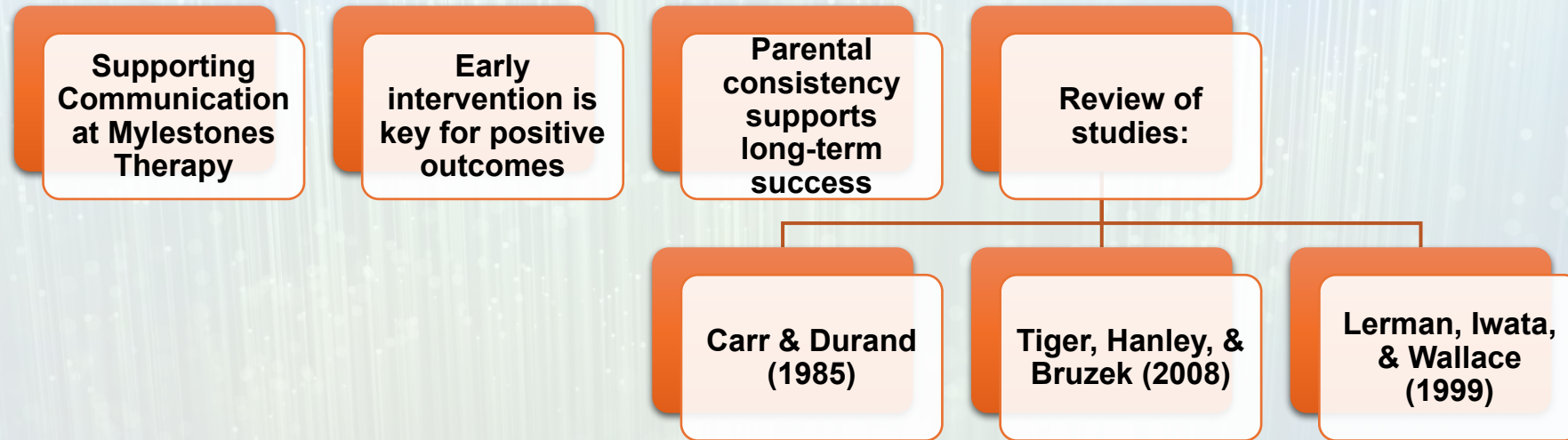


Key Responsibilities for Parents

- **Reinforce Verbal Behavior:** Respond immediately to positive communication
- **Use Extinction:** Don't reinforce problem behaviors
- **Generalize Skills:** Practice communication in different settings



Conclusion



References

- Carr, E.G., & Durand, V.M. (1985). Reducing behavior problems through functional communication training. *Journal of Applied Behavior Analysis*, 18(2), 111-126.
- Lerman, D. C., Iwata, B. A., & Wallace, M. D. (1999). Side effects of extinction: Prevalence of bursts, aggression, and emotional behavior. *Journal of Applied Behavior Analysis*, 32(1), 93-94.
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