

Prompting & Shaping Behavior



Green Chimneys Parent Training

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Prompting & Shaping Behavior



**“Great things are done
by a series of small
things brought
together.” – Van Gogh**



Prompting



Ever stop to think about how much
we ask our kids to do?

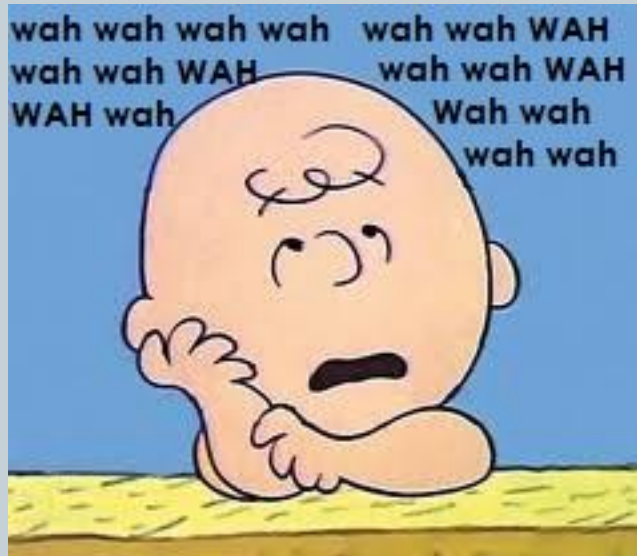


Prompting



We often ask and expect others to listen and follow our directions (especially children).

What we ask and **how** we ask matters.



Prompting



- **PROMPTING IS A CUE OR DIRECTION FOR SOMEONE TO BEGIN A BEHAVIOR.**
- **GIVING A PROMPT INCREASES THE CHANCE THAT THE BEHAVIOR WILL BE PERFORMED.**
- **WHEN PROMPTING, IT IS IMPORTANT TO GIVE A CLEAR AND SPECIFIC DEFINITION OF THE BEHAVIOR YOU WANT THEM TO DO.**

How to Prompt



➤ When you prompt there are several important things to remember:

- 1) Be Specific
- 2) Be Calm
- 3) Be Close
- 4) Statement Form
- 5) Time the Request
- 6) Prompt no more than Twice
- 7) Break it down

Effective Prompts



➤ **Be Specific:**

Tell your child exactly what you want and how you want it.

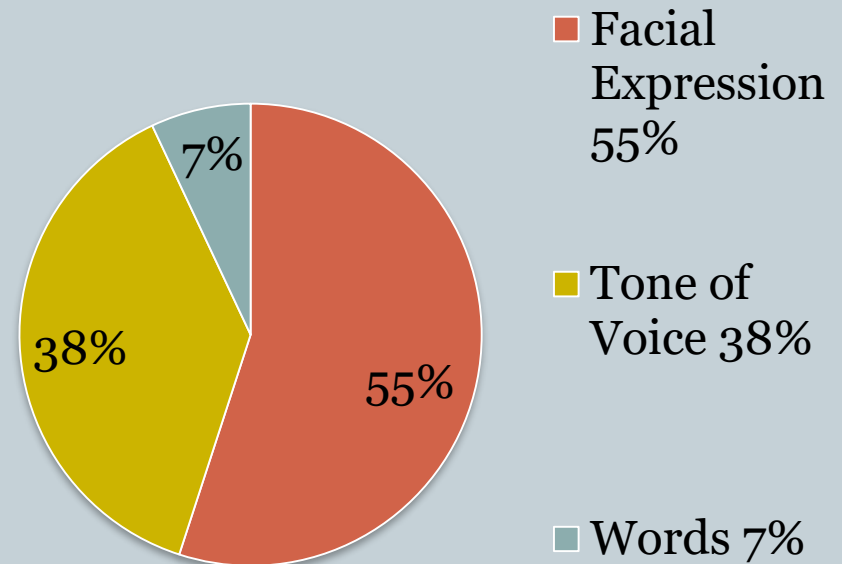


Effective Prompts

➤ Be Calm

Keep a neutral or positive tone of voice when giving a prompt. Say please.

Communication



Effective Prompts

➤ **Be Close** (Without Touch)

Stay near your child when prompting and make eye contact.

Don't yell at your kids. Lean in real close and whisper, it's much scarier.



som^{ee}cards
user card

Effective Prompts



➤ **Statement Form:**

Do not prompt in the form of question (ok?), and be assertive.

Effective Prompts



➤ **Time the request:**

Give the prompt close to time of the behavior wanted.



Effective Prompts

➤ **Prompt
for a
behavior
no more
than twice**
(otherwise you
are nagging).

Ha! Listen to mom calling
us so nicely.. Doesn't she
know by now that we
won't respond until she's
screaming like a psycho?



Effective Prompts



- **Break it down** - If a problem can be broken down into smaller parts, prompt for each part.



Shaping



Important terms



- **Positive Opposite** is the positive behavior you want your child to do
- **Reinforcement** increases or strengthens a behavior.



Shaping: A Step-by-Step Approach

- **Shaping** is the process of teaching a new behavior by reinforcing small steps towards that behavior.
- It involves reinforcing minor improvements toward the new behavior in a step-by-step manner.
- Shaping is an extremely useful technique for behaviors that are:
 - Inconsistent (Low Rate)
 - Non-existent
 - Very complex



Appropriate Behaviors to Shape



Skill	Frequency	Duration
<ul style="list-style-type: none">• Cleaning up• Homework (i.e. Start with one worksheet).• Bed time routine	<ul style="list-style-type: none">• Accepting a limit• Being kind to a sibling• Follow Directions• Stay calm when frustrating	<ul style="list-style-type: none">• Waiting patiently• Homework (sit for 10 minutes).• Reading• Sitting in class• Sitting at the dinner table

Shaping Guidelines



- Define the beginning behavior and the goal behavior
- Reinforce the beginning behavior until it occurs consistently (4-6 times)
- Slowly increase the requirement



Shaping Guidelines

- Acknowledge the behavioral steps (“you put away the plate”).
- Save reinforcement for a behavior that still isn’t mastered (clearing all dishes).



Shaping Guidelines



1. Be clear and specific in defining the beginning behavior and the goal behavior.
2. Reinforce the beginning behavior until this behavior happens consistently. (This step is going to take time; AT LEAST 4-6times in a row).
3. Any small improvement toward the goal behavior should be reinforced.
4. Just acknowledge the behaviors that were previously mastered.
5. Give consistent reinforcement after the behavior occurs.

Shaping Video



Shaping: Room Cleaning



1st Step

Behavior: Make the bed

2nd Step

Behavior: Hang up clean clothes

3rd Step

Behavior: Put dirty clothes in laundry basket.

4th Step

Behavior: Put away toys in toy chest

Shaping: 30 minutes of reading



1st Step

Behavior: 5 minutes of reading

2nd Step

Behavior: 10 minutes of reading

3rd Step

Behavior: 20 minutes of reading

4th Step

Behavior: 30 minutes of reading

Shaping: Following Directions



1st Step

Behavior: Follow 1 out of 4 directions given

2nd Step

Behavior: Follow 2 out of 4 directions given

3rd Step

Behavior: Follow 3 out of 4 directions given

4th Step

Behavior: Follow all directions

Breakout



- Which of your child's behaviors would you like to shape?
- Can you identify the steps?

Thank you!



- Please complete our survey to help us improve:
<https://www.surveymonkey.com/r/GCparenttraining>
- Parent support group is March 16th (6:30-7:30pm).
- The next parent training is March 23rd on Reinforcement.