

Becoming your child's teacher comes with its challenges... ABA can help!

MARCH 2020

Instructional Control

Instructional control is the development of a positive working relationship between a child and an instructor such that the child is willing to work with them and complete expectations and assignments without complaining, resisting, or even flat out refusing. This is the very first thing we work toward establishing with educators, before any lessons, expectations, or tasks are assigned. Now that you are heading your child's learning, here's the information you need to become their instructor!



This is a 7 step process...

1. You control access to "the good stuff"
2. You are fun!
3. Be trusted- mean what you say, follow through
4. Following directions is what gets access to "the good stuff"- start with simple ones!
5. Frequent access to "the good stuff" (say yes to reasonable requests A LOT)
6. Know your child's priorities- make them your priorities
7. Make positive behavior the ONLY way to get access to "the good stuff"



Easy ways to get started!

- Clean up the toys/put limits on your child's favorite things- this way they can be "earned" for direction following, task completion, etc.
- Engage your child in their favorite activities with you. Play a favorite game, watch a favorite movie together, have a tea party!
- Be consistent. If TV time is not until after toys are cleaned up or assignments are completed, stand firm.
- Think in first...then frames. First assignment, then movie time.
- Come up with lots of options for fun (maybe ones your child wouldn't have thought of, or has been asking about)

