

From Disruption to Discipleship

A practical guide for understanding distracting behavior and responding with support

What do we know about behavior?

1

Behavior is anything a person says or does.

2

Behavior serves a purpose.

3

Behavior meets a need.

4

Behavior is communication.

5

Behavior that works will continue.

How do we handle distracting behaviors at church?

Our role is to determine for ourselves and our volunteers:



What are my expectations?



What is my minimum requirement for compliance?



What behaviors should I target?



How will I support behavior changes?

Tools that support behavior

Visual schedule

Visual timer

Picture communication cards

First/Then board

Token board

Fidgets

Noise-reducing headphones

Motivators for behavior

Tangible

To get a tangible object

Sensory

To meet a physical or sensory need

Escape

To escape a demand, an activity, or sensory stimulation

Attention

To get attention from adults or peers

The ABCs of behavior support

A

Antecedent

What happened before?

B

Behavior

What was the behavior?

C

Consequence

What happened after?

You can change the antecedent or the consequence to support a behavior change.

Be a behavior investigator

STEP 1

Track the ABCs

STEP 2

Determine the motivation

STEP 3

Add sensory supports if appropriate

STEP 4

Change the antecedent or consequence

STEP 5

Observe and reevaluate

When the behavior continues to feel challenging

Observe

Observe and document the ABCs.

Brainstorm

Brainstorm ideas with the classroom teacher, the parents, or the student, or call in a behavioral therapist for help.

Ask parents

"We're seeing this behavior. What helps at home or at school?"

ABOUT THE AUTHOR

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