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TO ACCOMMODATE OR NOT TO ACCOMMODATE?

- It Is NOT Helpful To Strive To Eliminate Distress For Children With Autism
 - ➤ Discomfort is a natural part of life
- Protecting Children from discomfort results in being ill-prepared for life in the real world



TO ACCOMMODATE OR NOT TO ACCOMMODATE?

- Life is full of disappointment
 - >swimming pool is closed for repairs?
 - >It's raining and we can't go outside to play
 - The internet isn't working and I can't watch my favorite Youtube clips
- Being Able to Tolerate Adversity is an essential life lesson
- Tolerance is a skill you get better at with practice



DEVELOPING TOLERANCE

- Tolerance is developed by exposure in the absence of traumatic event
 - > We are "deconditioning" a learned emotional response (respondent extinction)
- · Start with minimally stressful dose
 - ➤ Brief duration
 - ➤ Mild intensity
- Simultaneously teaching "coping" response (operant skill)
 - Reinforcer is child gets to have it their way
 - ➤ Initially contingent only on the passage of time
 - > This prevents despair
- We can gradually shape alternative behavior ("putting on the brakes")

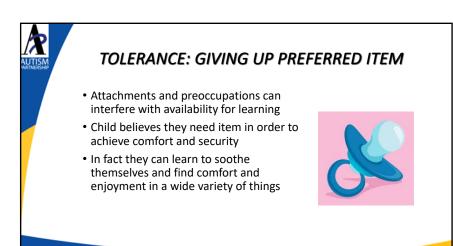


TOLERATING HAIRCUT

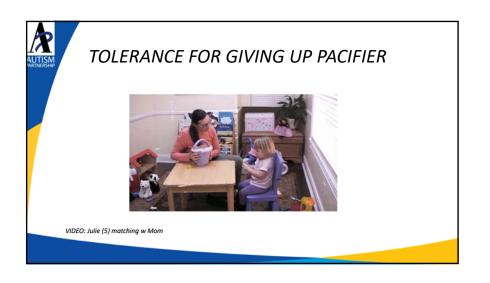
- Sitting still in barbers chair
- Wear apron
- · Head and face being touched
- Water mist
- Combing
- Sounds Snipping, Buzzing, Blow dryer
- Vibration

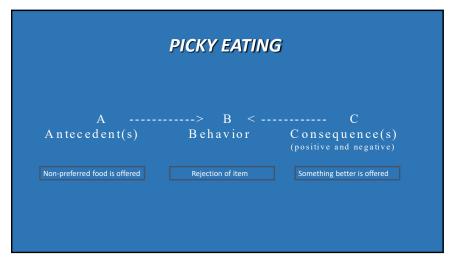


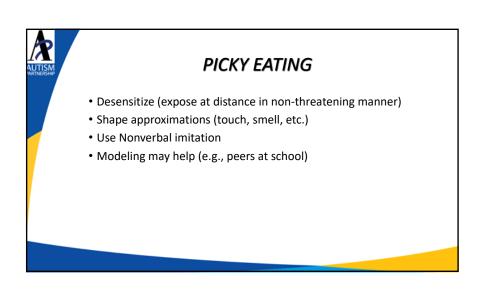


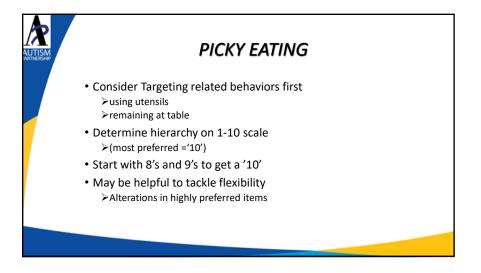


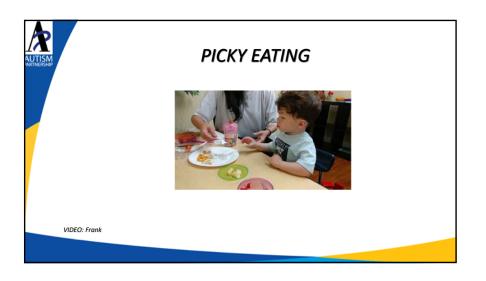














WAITING PATIENTLY

- Start in situation where there is an obvious reason why you are waiting
- Let movement toward the desired item be the reinforcer for staying calm
- Use shaping: behavior doesn't have to be perfect in the beginning stages
- Use a "WAIT" card to represent that the thing you want is coming
- · WAIT card becomes conditioined reinforcer





WAITING PATIENTLY

- 1) Child makes request
- 2) We ask him to wait "a minute" and hand him card that says wait
- 3) Optional: start timer and allow child to see movement of timer dial. When timer ends, prompt child to hand over wait card.
- 4) Otherwise child sees you traveling short distance to get item that was requested.
- 5) Nonstop praise for "waiting nicely"
- 6) Gradually increase duration.



