

HOW TO USE “CHOICES” TO PROMOTE IMPROVED BEHAVIOR

*Michael Woods, M.A.
Autism and Inclusion Specialist
www.MakingRoom.net*



MAKING CHOICES

- *A research-based intervention.*
- *Used as a preventive strategy for reducing problem behavior and to improve task engagement.*



WHICH KIDS BENEFIT FROM CHOICE-MAKING?

- *Children who benefit most directly from this intervention are those who display problem behaviors to escape participation in activities or avoid using materials that they find relatively unappealing, undesirable, or difficult.*



WHY SHOULD I OFFER CHOICES?

- *Children tend to be more cooperative, more engaged, and better behaved when they are involved with activities, materials, and individuals that they enjoy.*



WHEN CAN YOU PROVIDE CHOICE-MAKING OPPORTUNITIES?

- *Who*
- *Where*
- *When*
- *Between Activities*
- *Within activities*
- *Refusal*
- *Terminate*



WHERE CAN I IMPLEMENT CHOICE-MAKING

- *Home*
 - *During daily routines*
- *School*
 - *During daily routines*



WHAT CHANGES CAN BE EXPECTED?

- *Decreases in the amount of acting-out behavior and increases in engagement can be expected, and often these changes happen relatively quickly after the intervention has been properly implemented.*



HOW TO TEACH CHOICE-MAKING

- *Step 1: Identify the choice items that your learner enjoys .*



HOW TO TEACH CHOICE-MAKING

- *Step 2: Offer the choice options to the learner by placing or holding the two options in front of the learner.*



HOW TO TEACH CHOICE-MAKING

- *Step 3: Ask your learner, “Do you want _____ or _____?”*
 - *“Johnnie, do you want crackers or raisins?”*



HOW TO TEACH CHOICE-MAKING

- *Step 4: Wait 10 to 15-seconds for your learner to make a choice.*
 - *Example: After 5 seconds, Johnnie reaches toward the cookie.*



HOW TO TEACH CHOICE-MAKING

- *Step 5: Respond immediately by giving your learner the chosen item.*
 - *Remove the other item and praise the learner for making the selection.*



HOW TO TEACH CHOICE-MAKING

- *Step 6: If your learner does not make an independent choice, prompt the choice response.*



HOW TO TEACH CHOICE-MAKING

- *Step 7: If your learner rejects both items after being prompted, repair the situation by removing the unwanted items immediately.*
 - *Do not force the individual to engage in an unwanted activity.*



HOW TO TEACH CHOICE-MAKING

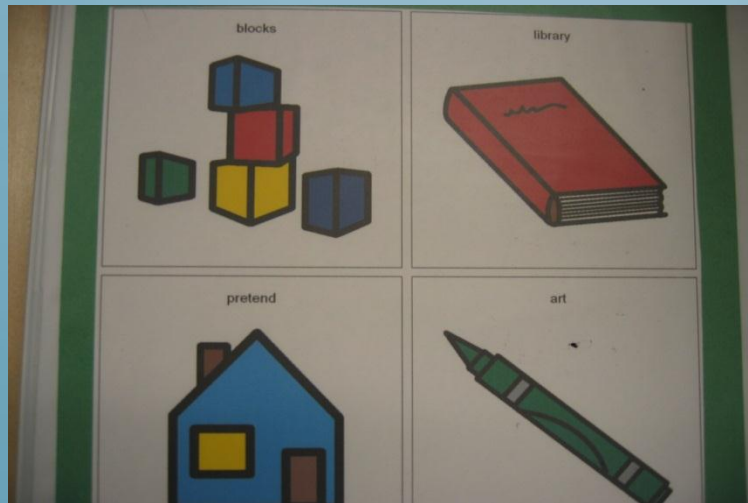
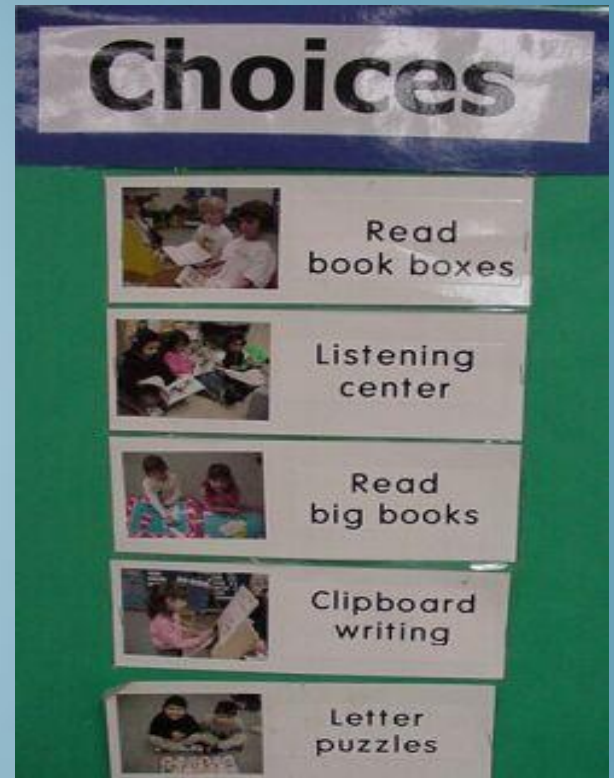
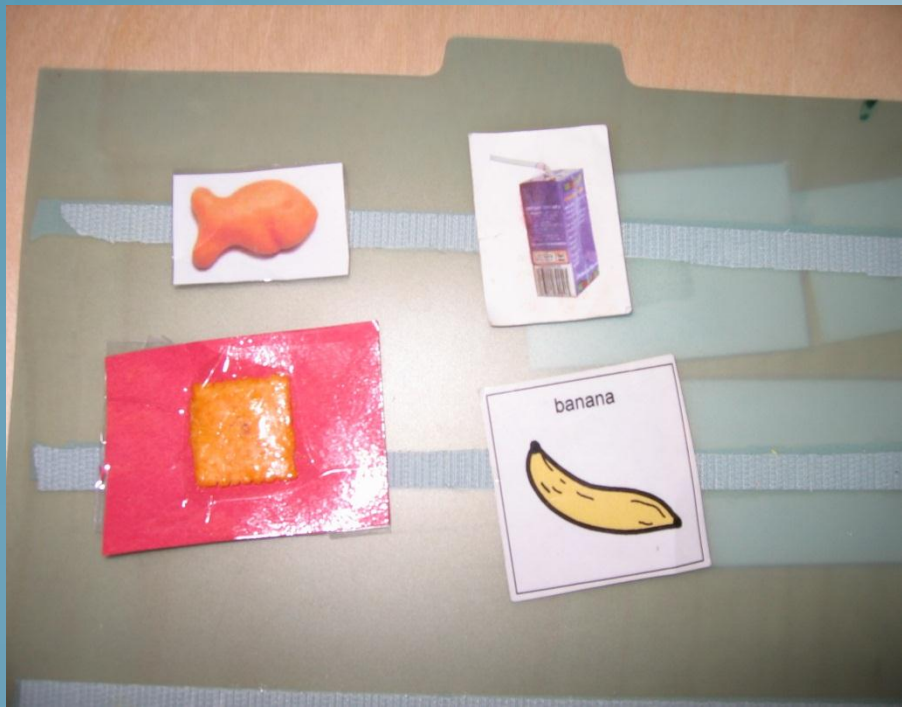
- *Step 8: Try the procedure again if needed.*
 - *Repeat the previous steps.*



SAMPLE 2-CHOICE BOARD

Do You Want?





CHOICE-MAKING MATRIX

Location	Between Activities	Within Activities	Refusal	Who	Where	When	Terminate
Home	Do you want to set the table or clean the table?	Do you want to wear Shorts or a sundress?	Would you like to sit in this chair or not?	Do you want to go to the park with Mom or Dad?	Do you want to play inside or outside?	Do you want to take a bath in 5 minutes or 20 minutes?	Let me know when you want to stop and take a break.
School	Do you want to paint or build something with blocks?	Do you want crackers or an apple for snack?	Do you want recess or not?	Do you want to sit by Tony or Mary?	Do you want to sit on the floor or at the table?	Do you want to clean up now or in 5 more minutes?	Let me know when your finished sitting quietly and rejoin your friends in circle.
Community	Do you want to go to the park or library?	Do you want use a fork or a spoon?	Would you like to go to the movie or not?	Do you want to go to the movies with Russ or Mindy?	Would you like to eat at McDonald's or Pizza Hut?	Do you want to go to the park now or later?	Do you want to stop or continue?

