

## Reinforcing the Absence of Maladaptive Behaviour Procedure

- **Target Behaviour (to reduce): Hand mouthing**
  - **Timer Duration: 10 minutes**
  - **Reinforcer: iPad**
1. Set Child's timer for 10 minutes. If Child does not engage in hand mouthing for that 10-minute interval, s/he may access an isolated reinforcer (iPad) for 3-4 minutes.
  2. When Child accesses the reinforcer, ensure to state the contingency – ex “well done keeping good hands – you can have the iPad”
  3. If Child engages in hand mouthing during the 10-minute interval, show her/him the visual and reset the timer.
  4. Remind Child of the contingency – ex “you need to keep good hands to earn the iPad. Let's try again.”

\*Note: it's important to also teach an appropriate replacement behaviour. Whenever we want to decrease a behaviour, we need to think of an alternative behaviour that taps into the same sort of reinforcement. For hand mouthing, this could be providing an appropriate object to mouth, for instance [Chewelry](#).

