

TIPS FOR USING EXTINCTION COMPASSIONATELY

Using extinction for each function will look a little different. Below are some options for how to use extinction, along with redirection, for a more compassionate approach to responding to behaviors.

 <h2>Attention</h2> <p>Remain calm and neutral. Model raising a hand or point to a peer nearby who is raising their hand.</p> <p>Reduce the quality of attention, but still acknowledge them. Redirect them to tap your shoulder to get your attention.</p> <p>If the behavior is an attempt to get peer attention, demonstrate better social skills or give one reminder as to when they can be social with peers.</p>	 <h2>Escape</h2> <p>Offer a choice of receiving help with the task or engaging in a coping strategy and then returning to the task.</p> <p>Acknowledge their behavior by showing them you can see they are having difficulty or see they might need a break, then encourage them to do a short amount of work. Offer a short break and then come back to their work.</p>
 <h2>Sensory</h2> <p>Offer two alternatives for safer sensory activities.</p> <p>Block dangerous behaviors and redirect to other more appropriate sensory behaviors like going on a walk, putting on headphones, taking a quiet break in a calm corner, requesting specific sensory input from staff, etc.</p>	 <h2>Access</h2> <p>Provide information on when the desired item/activity is available, and offer support in engaging in a coping strategy if needed.</p> <p>Verbally acknowledge you know that they want the desired item/activity; however, empathize and let them know kindly it's not available right now. Offer a different choice.</p>