

Applying The Procedure To Decreasing Talk To Self

Step 1: Find out what the child wants to work for

Teacher: What kind of snack do you want?

Student: I want eat cookies

Step 2: Explain the rules

Teacher: Ok. You can have two cookies if you follow the rule and do not talk to yourself

Student: Ok

Teacher: What is the rule?

Student: Don't talk to myself

Teacher: Correct

Step 3: Decide how long the child has to wait before receiving the reinforcer

(Based on the child's past behavior [talks to self about 15 times per day], we will set the timer for 5 minutes

Teacher: If you don't talk to yourself, then when the timer rings, you can have the potato chips

Student: OK

Step 4: Start the timer

Teacher: I am starting the timer now

Step 5: Praise the child during the time period

(We will give positive feedback every 3 minutes. Once he becomes more successful at earning the reinforcers, we will increase the amount of time before giving him a positive feedback; for example, from 3 minutes to 5 minutes. The positive feedback is in the form of: verbal praise or a thumbs up gesture or ask the child about the status of the target behavior)

Teacher: Good job not talking to yourself

Step 6: Give the consequence: either give the reinforcer or reset the timer.

(timer rings)

Teacher: Great job following the rule. Did you talk to yourself?

Student: No

Teacher: That's great. Here are your cookies.