

# Why Do Kids "Misbehvae"?

## Background



**Applied Behavior Analysis (ABA)** is a scientific approach that studies behavior and its causes, aiming to modify behavior.

It recognizes behavior as **fulfilling a purpose or needs**. Behavior analysts examine the environment to determine why certain behaviors occur.



By **studying what happens before and after a behavior**, they can make modifications to those antecedents and consequences to influence and modify the behavior itself.



**According to ABA, there are 4 main reasons why people, including children, “misbehave”.**

# Functions of Behavior

## What are they (E A S T)?

### Escape

Behaving to escape or **avoid tasks, activities, or situations they find unpleasant or difficult**. For example, escape cleaning up, taking a shower, and sitting in the car.

### Attention

Behaving to **gain attention and connection** from parents, siblings, or peers. For example, a kid cries, whines, or grabs a shirt. Respond before escalation.

### Sensory

Behaving is performed to **seek sensory input or stimulation**. This can involve behaviors like rocking, hand-flapping, or repetitive movements that provide sensory feedback.

### Tangible

Behaving to **obtain something they want**: tangible items or activities. For Example; a toy, screen time, or going to get ice cream.

# Functions of Behavior

## How to respond?

### Escape

By **acknowledging their dislikes** and providing **choices** or alternatives, you can redirect their attention and empower them with a sense of control.

### Attention

**Model appropriate ways to seek attention** and offer the kid a re-do . It will help your child to develop communication skills and positive social interactions.

### Sensory

**Set a boundary** of what is not acceptable and **define a designated area** to jump (trampoline), swing, or throw balls.

### Tangible

**show effective ways to express** their wants and needs without resorting to disruptive behavior. Hold the space for your child as deferred gratification is developed.

# Functions of Behavior

## Responding Guideline

01

Use this guideline for behaviors at levels 1 to 4 on a tantrum scale (10 is the most intense).

02

To reinforce the effective behavior, **DO NOT address the need until the behavior changes**, invite kids to practice appropriate behavior.

03

For older kids, **ask them to come up with alternative** choices to own the solution!

04

It's OK for a child to experience negative emotions. It's your parenting role to hold the space for your kid to develop self-control and deffer gratitude.

**Question?**

*Leave a message*