Behavior Momentum

DEFINITION

Also known as, High-Probability Command Sequence (HPCS) is an effective antecedent strategy that increases compliant behaviors. Can be used for behavior compliance, the child is likely to follow directions because they are getting reinforced for easy behaviors. Reduces frustration levels, because students are having success on easy tasks, increasing the likelihood that they will try harder behaviors.

WHEN DO WE DO THIS?

We use behavior momentum to increase compliance. We are giving students 3-4 easy tasks, quickly, and providing reinforcement after each successful response. Then, we are giving the instruction to complete a less prefered activity. The idea is that the reinforcement and success of completing the other responses will affect the target behavior.

RESOURCES

- University of Nebraska (TASN) has a webpage for this strategy and a demonstration video! Check it out here.
- AFIRM Module
- Bite-Sized ABA video

WHAT TASKS?

- Math problems- providing easy problems then the harder one. Then repeat.
- Reading-Easy words then harder words. Multiple choice then long answer question.
- Physical behaviors- Touch your nose, clap your hands, jump, sit down!
- Life skills- Push in chair, pick up paper, fold laundry.

HOW TO IMPLEMENT?

- Deliver 3-4 quick things the student has mastered and is successful at.
- Provide reinforcement after each response (praise, token, smiles, etc)
- Go through tasks quickly
- Deliver target behavior/skill at the end and reinforce the heck outta that behavior!!