

extinction

No, we are not talking about animals or giving a science lecture, we're talking about extinction with kids. I know it sounds crazy but here me out.



January 5th, 2024

Extinction is intentionally not paying attention to problem behavior. The goal of this planned ignoring is to decrease the problem behavior from happening in the future. This means we are not trying to get rid of all children but trying to get rid of undesired behavior.



Examples of Extinction:

- **Tantrum:** you are at the store and your child wants a toy but you tell them no. The child then begins throwing a tantrum. Instead of giving in and buying the toy or rushing out of the store you ignore the behavior
- **Screaming:** your child starts screaming when you turn on music they don't want to listen to. Instead of pleading with them you provide no response.

support



When using or introducing extinction the behavior may tend to get worse before it gets better. Having support from a partner, friend, or family member, will help with frustration.

You are not interfering with or stopping the problem behavior. You are simply providing no response or reaction.



Want to try this our at home? Need some ideas for what to do or how to start? You have come to the right place.

Tips + Tricks

Be patient, take deep breaths, and keep moving forward!



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How to start:

- First, you will need a plan and support from others. Which means thinking about what behavior you want to start with and making sure you have people to confide in when frustrated.
- Next, inform teachers, caregivers, babysitters about this new strategy you are trying. Explain to them your expectations.
- Lastly, it's okay if you feel like you messed up! Nothing is perfect the first time around. **Fail forward** my friend, which means mess up and let's learn from that and move forward. Change takes time so remember to give yourself grace.



What To Do:

- When the problem behavior begins to happen, ignore it
- Do not make eye contact, facial expressions, or comments while ignoring.
- Do not change the way you are behaving in response to their behavior-keep that calm tone, continue working or whatever your prior activity was
- Do not give your child anything during this process, let them calm down and regulate on their own
- Remember to take deep breaths-you are doing this to improve your child's behavior not punishing them

Remember:

Ignoring: is not giving your child attention because they are doing something you do not like

Extinction: is a behavioral technique withholding reinforcements

TO DO:
● DEEP BREATH
● DEEP BREATH
● DEEP BREATH
● DEEP BREATH