Building Healthy Habits

- Habit formation
- Technology

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<u>Habit:</u>
A usual way of behaving; Something that a person does often in a regular and repeated way.

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Can you think of some good and bad habits children may have?

5 min

- Think about things they do everyday.
- Think about having too much or too little of one thing.

Functions of Behaviour

Attention

The behaviour gets an immediate social response of some kind from others

Escape

The behaviour enables the person to delay or avoid doing something they find unpleasant or difficult

Tangible

The behaviour allows the person to access a specific item or activity that they want

Sensory

The behaviour helps the person meet a basic physical need

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Examples

Johnny screams every time his mum walks away from him. When he does this, mum asks, "What's wrong Johnny? When Johnny wants attention he screams.

Every time Mrs Smith puts a math worksheet on Johnny's desk, he rips up the paper and throws it on the floor. As a result, Mrs Smith does not make him do the math homework. In the future, Johnny continues to do this every time he receives a math worksheet because it results in him escaping to behaviour of doing the math worksheet.

When Joe cries, his mum gives him a dummy. In the future, Joe cries because t consistently results in access to the dummy.
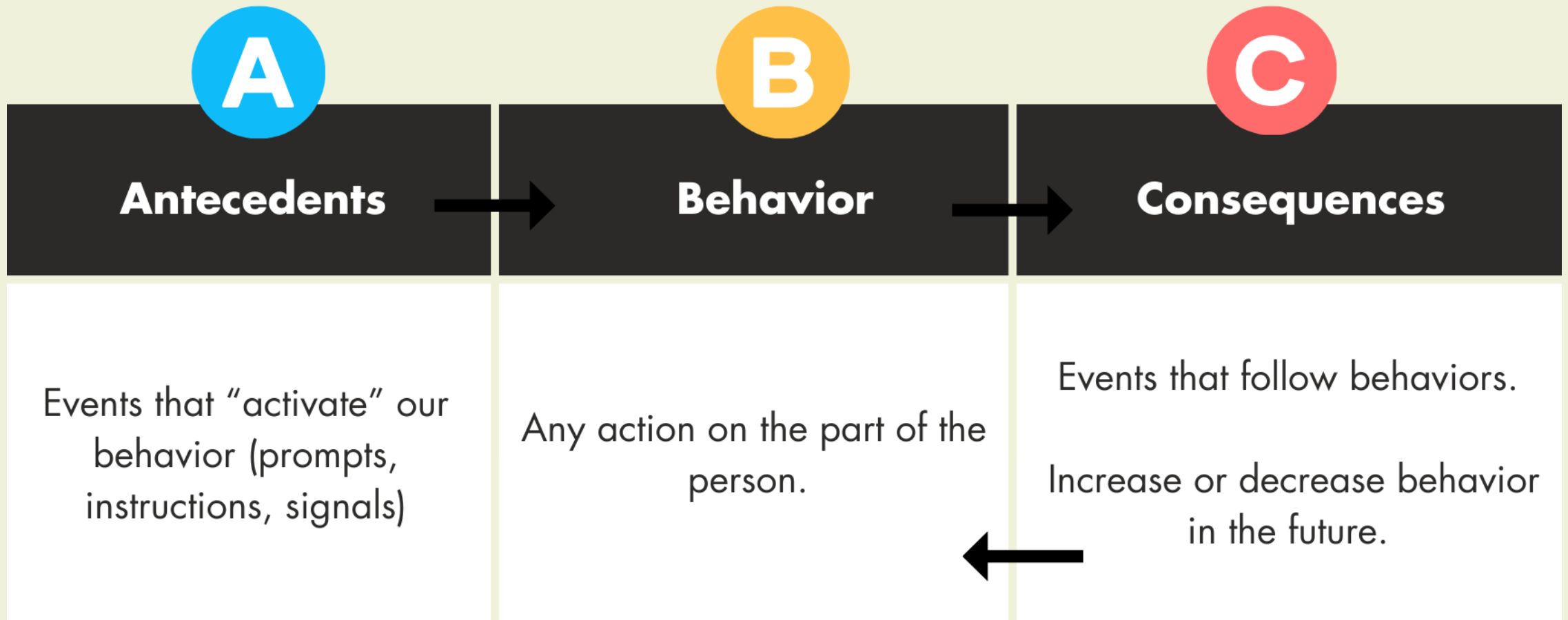
Joe flaps his hands randomly. This behaviour provides automatic sensory stimulation.

Why do behaviours continue?

- **Positive Reinforcement:** Adding something desirable to increase a behaviour (e.g., when getting good grades, child receives praise/sweets).

- **Negative Reinforcement:** Removing something undesirable to increase a behaviour (e.g., when getting good grades, child doesn't have to do chores).

ABC ANALYSIS MODEL
Defining Features

A Antecedents	**B** Behavior	**C** Consequences
Events that "activate" our behavior (prompts, instructions, signals)	Any action on the part of the person.	Events that follow behaviors.

Increase or decrease behavior in the future. |

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Example of ABC Model

Antecedent	Behaviour	Consequence
Mum asks child to take a shower	Had a 'tantrum' for 30 minutes	Didn't end up taking a shower
Mum offered child to take either a bath or a shower	Child went to the bathroom with a towel	Verbal praise
Student asked to put book away	Pupil ignores request	Request repeated with eye contact
Repeat of request to put book away with eye contact	Student puts book away	Praise

Antecedent strategies

- Think about the consequence, if it reinforces the behaviour

- Modelling

- Giving choices

- Giving notice (priming and language)

- Provide a less desirable consequence

- Give reinforcer for more appropriate behaviour

- The consequence can also become the new antecedent

Can you think of an example of a behaviour from your child that you would like to change?

Now:

Antecedents →	Behavior →	Consequences

What else
you could try:

| Antecedents →	Behavior →	Consequences
		←
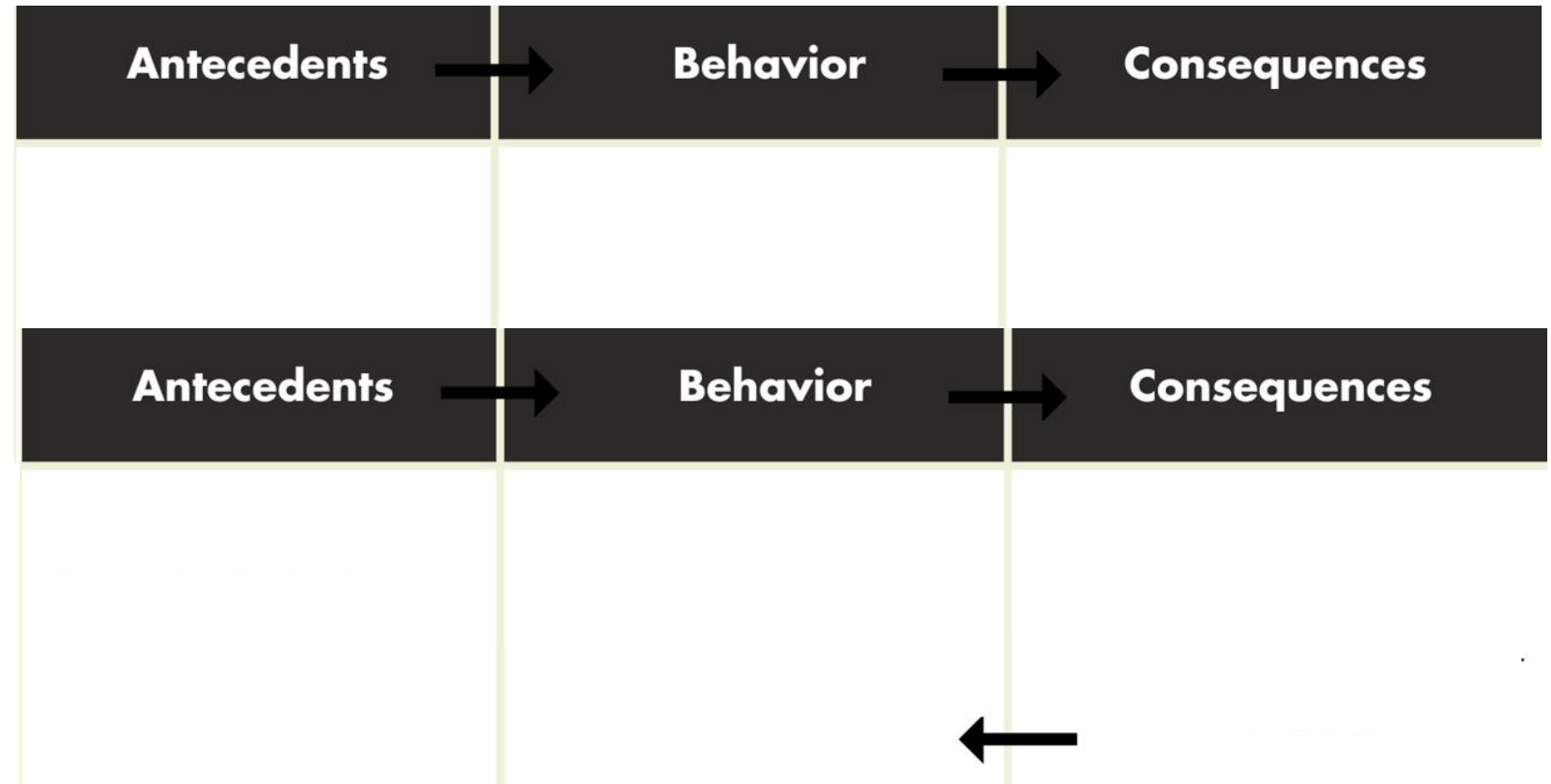
How to encourage new habits

- Anchoring to **Existing Routines** – Pair with habits parents already have.

- **Shaping Gradual Change** – Introduce one change at a time to prevent overwhelm.

- **Immediate Reinforcement** – Reinforce parents' efforts to increase consistency.

- Building **Automaticity** – Encourage repetition until the new behaviour becomes second nature, ie prompting – manners, "What do you say?", "Thank you"

- **Tracking Progress** – Help parents monitor their consistency and celebrate small victories.

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Important!

- Track progress to see what works/what doesn't
- Be kind to yourself
- Be patient – change takes time!

Technology

Think of some advantages and disadvantages to technology
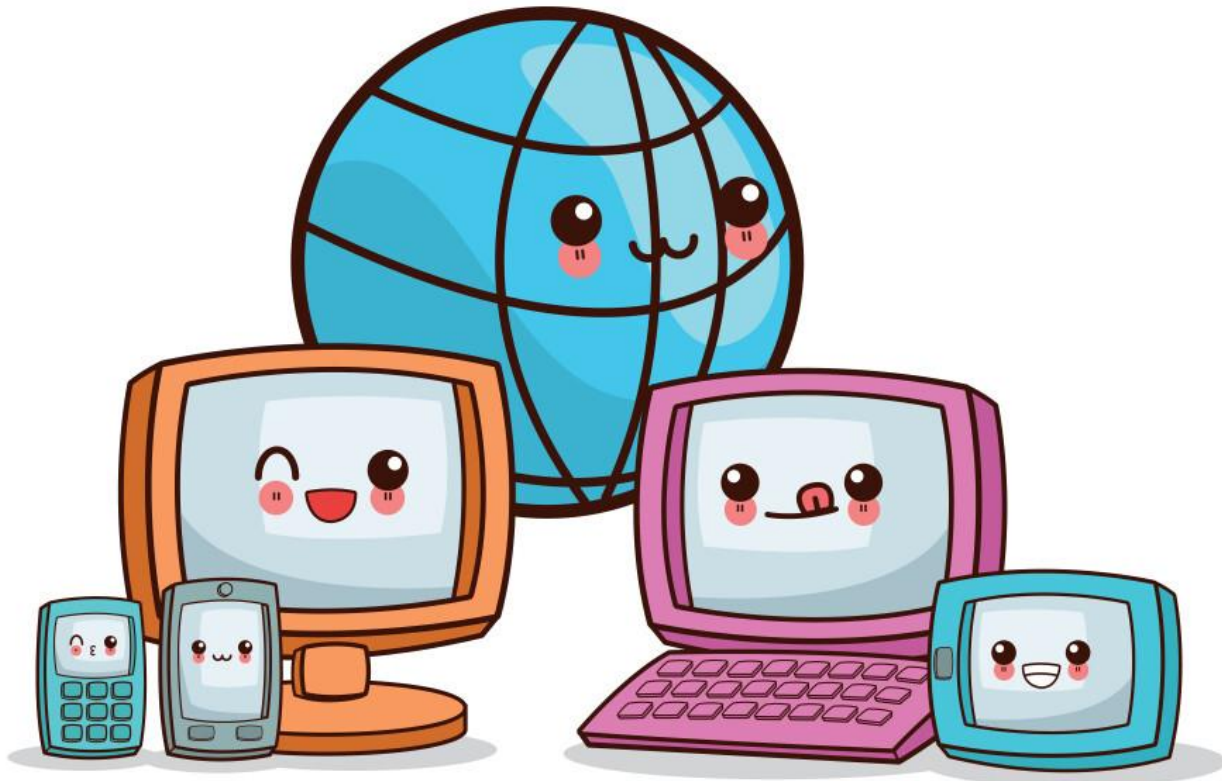
Technology

Advantages

- Learning learn new skills (memory, visualisation, language), especially those who are developmentally challenged.

- Creativity

- Socialization

Disadvantages

- Too much screen time can negatively impact a child's academic performance, executive functioning, and sleep.

- Social and emotional development: Too much screen time can lead to social isolation, cyberbullying, and mental health conditions.

- Too much screen time can disrupt parent-child interaction

- Children may be exposed to inappropriate content or commercial messages.

- Can delay bedtime and reduce the amount of sleep

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What is 'Screen time'?

Time spent looking at a screen, i.e. TV, games consoles, tablets, phones, laptop/PC

QUALITY

- Active participation
- Can be used to learn new skills, concepts or information
- Examples include:
  - Solving puzzles
  - Educational videos
  - Creating digital art
  - Playing educational games
  - Taking online courses
 - Videochatting with family/friends

NON QUALITY

- Mostly passive
- Provides no educational value
- Examples include:
  - Watching TV without interacting
  - Scrolling through social media
  - Playing repetitive, mindless games

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Why should we limit screen time?

- Evidence shows that although from 15 months, children may copy actions or words from TV, they are not actively able to learn language from TV until they are around 2½ years old.

- Less time for real life learning (e.g. sharing books and play), and interactions

- TV moves very quickly (there is a change every 6 seconds). Real life has a slower pace which helps children to develop their concentration skills - difficulties in later childhood

- Computer and video games do not encourage the development of the front part of the brain, which controls behaviour, judgement and concentration

- Irregular sleep patterns

- Increased risk of childhood obesity

- It is estimated that children starting school will have seen 8000 murders, and 100,000 other acts of violence and destruction during screen time

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Screen time advice for parents with children under 10 years old

Safety Settings
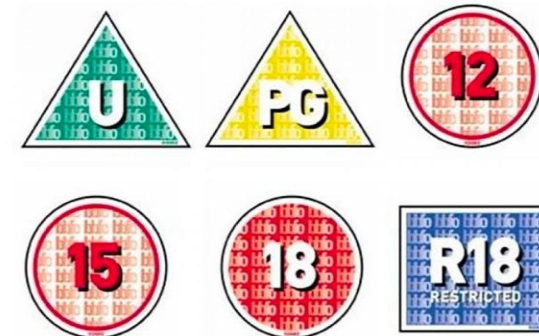
HEALTHY HABITS

LET'S TALK

Parental Controls

In conclusion

- Used in moderation, technology can be a great way to supplement education and provide a source of entertainment.

- Be a good example – try to limit your own use of phones and tablets, and turn the TV off if no-one is watching.

- Choose things you and your child can watch or play together – opportunity to discuss aids learning.

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Thank you for listening!

Any questions?