

Self-Management

What is Self-Management?

Self-management refers to methods, skills and strategies which may support your child to be independent from external rewards or reinforcement. Your child will learn to reinforce him or herself!

Why might you teach Self-Management Techniques?

- Reduces the need for intense or prolonged supervision by adults
- Reduces inappropriate play behaviour (Stahmer and Schreibman, 1992)
- Reduces disruptive behaviour
- Increases attention to tasks

Where could you use Self-Management Techniques?

- Self-Management can be used in many different settings, including home, school and community

How could you use Self-Management Techniques?

- Choose the target behavior
 - The target behaviour should have three components
 - Be well defined
 - Observable
 - Measurable
- Identify reinforcers for your child
- Create a self-monitoring method that is easy for your child to learn and use
- Break the target behaviour into smaller teachable units (task analysis)
- Fade prompts systematically
- Using checklists or existing token economy

Common Difficulties/Challenges

- Fading of the prompts too quickly
- The target behaviour needs to be broken down into even smaller teachable units

Before implementing any strategy, remember to:

1. Assess: What your child currently able to do?
2. Goal: what is a specific goal for your child to work towards?
3. Strategies: How will you teach to reach the goal?
4. Monitor: How will you know if the teaching strategies are working?



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	What I need to do...	✓
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4		
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References

- Koegel, L.K., Koegel, R.L., & Frea, W.D. (1992). Improving social skills and disruptive behaviour in children with autism through self-management. *Journal of Applied Behavior Analysis*, 25(2), 341-353.
- Stahmer, A.C., & Schreibman, L. (1992). Teaching children with autism appropriate play in unsupervised environments using a self-management treatment package. *Journal of Applied Behavior Analysis*, 25(2), 447-459.