



## COMPLIANCE SHAPING

### Key factors:

1. The child's state of deprivation or satiation when the direction is given
2. The child's momentary motivation (to get something, avoid something, change something)
3. The amount of effort required to follow the direction
4. The child's perception of time (influences choice-making and self-control)
5. The child's attention control
6. The value of the outcome (size, quality, immediacy of reinforcers available contingent on compliance)

### METHOD:

- **CONTROL THE RESOURCES!** This means that everything your child uses and values must be carefully presented or withheld to bring out the best in your child. This is the underpinning of **SHAPING**.
- **PRESENT THE 'MOMENTS OF JOY'** (see handout) frequently based on cooperation, kindness, and increasing effort.
- **APPLY ESCAPE BLOCKING** technique consistently.

### SHAPING THE SKILL:

1. Start with 'Inhibition Shaping'
2. Add time according to the Shaping Schedule
3. Move on to 'Sneaky Compliance' when your child reaches 10 seconds consistently on the shaping schedule for waiting ('Inhibition Shaping')
4. Add 'First...Then' directions when your child can follow 5 sneaky directions.
5. Use 'Escape Blocking' when your child is oppositional to a direction.