



CAPTAIN X

Evidence-Based Practice of the Month:

Differential Reinforcement (DR)

Differential Reinforcement (DR) is an evidence-based practice for children and youth with autism spectrum disorder (ASD) from 3-22 years old that can be implemented in multiple settings. It is a form of reinforcement designed to reduce challenging behavior. When you reinforce the nonoccurrence or decreased occurrence of challenging behavior, or when you reinforce behaviors that are more functional or incompatible with the challenging behavior, then the challenging behavior will decrease.

Free online module to learn more about DR: <https://afirm.fpg.unc.edu/differential-reinforcement>

Types of DR:	When to use:
DR of Low Rates of Behavior- DRL	<ul style="list-style-type: none">• The behavior is irritating or disruptive at high frequency, but could be tolerable or even appropriate if displayed less frequently• The behavior is non-violent• The behavior is not self-destructive
DR of Incompatible Behavior- DRI	<ul style="list-style-type: none">• There is an appropriate alternative behavior, but it could co-exist with the interfering behavior
DR of Alternative Behavior- DRA	<ul style="list-style-type: none">• There is an appropriate alternative behavior, but it could co-exist with the interfering behavior
DR of Other Behavior- DRO	<ul style="list-style-type: none">• The behavior is unacceptable• Student has other appropriate behaviors in his/her repertoire

In the classroom:

DRI- If student is engaging in out of seat behavior, provide reinforcement when student is in their seat.
DRO- If student is verbally insulting other students, provide reinforcement when student engages in puzzles with classmates.
DRA- If a student blurts out answers, provide reinforcement when student raises his hand before speaking
DRL- If student continuously comes to the teacher's desk, Teacher can reward a student if in a thirty-minute time interval student comes to the teacher's desk less than 3 times.

At home:

DRI- If child is engaging in nail biting reinforce child when they engage in squeezing a sensory toy
DRO- When child is hitting his sibling reinforce giving sibling a hug.
DRA- If a child is throwing his cup when he wants juice, reinforce child when they appropriately ask for juice
DRL -If a child continuously washes, they're hands throughout the day right before lunch time, a parent can reinforce a child if they wash their hands less than two times in a 30-minute time interval right before lunch.

