

## TARGET BEHAVIOR: Extinction

**Definition:** When you withdraw whatever is reinforcing the problem behavior. Extinction does not mean *ignoring*. Extinction is determining the function of the behavior, and then preventing the child from obtaining that function.

### Types of Extinction:

- **Attention extinction-** When you take away attention

- Example:

<b>A</b>	→	<b>B</b>	→	<b>C</b>
Parent is on the phone		child is screaming		ignore the behavior

- **Escape extinction-** When you do not allow the child to escape

- Example:

<b>A</b>	→	<b>B</b>	→	<b>C</b>
Dad says “clean up”		child tantrums		prompt to clean

- **Tangible extinction-** When you do not allow access to the tangible

- Example

<b>A</b>	→	<b>B</b>	→	<b>C</b>
Mom says “no TV”		child screams/cries		do not give TV

### What can happen if my child experiences these consequences?

- When your child comes into contact with any of these consequences his/her maladaptive behavior may get worse because he/she will try harder to get what he/she wants. So, initially the behavior may get worse and happen more often. This is a sign that the extinction intervention is working. If family members

and therapists consistently implement the intervention, then the child's maladaptive behavior will reduce.