ADHD:
Contingency Attention

Rena Little

Contingency Attention:

What is it?

- A method of positive reinforcement where teacher attention is the reinforcer

Purpose:

- To increase the frequency of desired targeted behaviours

Advantages:

- Easy to implement in any setting
- When success is achieved in one setting it can be transferred to another setting
- No extra time or preparation is required
- Provides the opportunity to give positive attention and build a positive relationship with students
- Works well in conjunction with other contingency management techniques
- Can be used individually, with small groups, or entire classes
- Appropriate for high school level

Procedures of Contingency Attention:

- Create a list of ways to deliver positive teacher attention to students
  - That can be delivered quickly without disrupting class instruction
  - That are rewarding to students
    - Pat the student on the shoulder
    - Make eye contact and smile
    - Check-in with student on an assignment
    - Call on the student to answer questions
    - Pass the student a brief note
    - Provide brief, specific praise
    - Give the student encouragement
    - Ask student to summarize for the class the main points of a lesson or discussion
    - Hold a brief conversation with the student
    - Select the student to carry out a classroom task
    - Ask the student a brief personal question that demonstrates your knowledge of the student and interest in him/her
    - Offer specific and direct praise for effort or progress
- Select 1 to 3 behaviours to target and develop concrete definitions for each
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- Determine the time period during the class that unwanted behaviours occur and use that time to target appropriate behaviours and offer contingent attention.
- Discuss with the students the desirable behaviours that are an expectation in your classroom.
  - Be sure that these behaviours are clearly defined and that expectations are clear.
- Implement the strategy:
  - Provide positive attention to reinforce the targeted behaviours:
    - Consistency is important.
    - Vary the types of attention being provided.
    - The occurrence of attention reinforcer can be gradually reduced and faded over time.
  - Try to either ignore or quietly re-direct inappropriate behaviours.