

## *Chicago Behavior Consultants, Inc.*

### **'KEEP WALKING' SHAPING PROGRAM**

1. Before using the prompt 'keep walking', find a natural way to get your child to walk quickly with you. This is easiest at the park or when going somewhere the child is eager to approach. You may need to embed the walk quickly in a game of hide and seek.
2. Select a highly valued, concrete, portable, reinforcer, such as a bite-sized edible.
3. Offer the edible as the child is naturally walking quickly by your side.
4. When you obtain success having your child walk quickly by your side, you may add the prompt, "keep walking" as you practice. At this point, your child is walking because he/she is motivated to get somewhere or find something, and obtain the reinforcers.
5. You are now ready to use the prompt and officially start the shaping. Practice INDOORS initially. Say, "(Your child's name), keep walking!" Count 2 seconds and give the edible (or tickle, bubble, etc.). Do not use gum or other item that lasts longer than a couple seconds.
6. On a fixed interval schedule, give your child the reinforcer every 10 seconds of steady walking.
7. If your child stops, falls to the ground, or runs, grab his/her hand and physically move your child along for 10 seconds. Placing your index fingers under his/her arm pits and rushing forward is usually effective. If your child is too large, or you are not effective with the physical escort, stop, and abruptly run the other way. Remember, you are indoors when you do this. **Never** run the other way in an open, outdoor area! If your child follows you for at least 5 seconds, add fun and stimulation to reward the following. Then start the cue over.
8. Re-prompt the 'keep walking' cue and hold off on giving the reinforcer for 4-5 seconds.
9. Continue to practice using the reinforcers for successful walking and using the escort for falling down.
10. When your child is reliably walking steadily in practice session, start fading the reinforcers to a variable, random schedule. But do not fade the reinforcers altogether.
11. Extend the practice trials to walking in front of your house, down the block, at the park, mall, and other community settings.
12. You may need a cord or stroller as a back up. If this is necessary, do not give any attention to your child. Never offer rewards AFTER your child has fallen down and refused to move. If you need to physically escort your child, implement the consequences you have previously selected, such as confinement in the car and/or a chore at home.