Choosing a Treatment for Stereotypy

Try to find a competing stimulus.

→ If you find an item that works, allow the learner to play freely with that item and block if you catch the learner eating something they shouldn't.

Does your learner play appropriately with leisure items and interact with people?

→ If not, teach your learner to play with appropriate items and engage with people.

If your learner can do these things, he may choose to do them instead of engage in stereotypy.

Encourage exercise.

→ Exercise can help replace the sensory input or tire our learner out so he is calmer.

Encourage him to engage in activities such as tag, jumping, etc.

Does your learner follow rules?

→ If so, you can teach your learner that he can engage in stereotypy in certain situations (e.g., in bedroom, at home, etc.) but not in others (e.g., in the classroom).

You can also teach this by applying the treatments to inappropriate times only.