



Learning to accept No for an answer!

This is designed to help your child respond appropriately when they have to hear the word No. It works best when your child is consistently requesting items from you. It is also super important that sometimes you say **Yes!**

Step 1. Find out what things they really, really like! You can do this by setting out the 4-5 toys they play with most often and seeing which one he/she picks first. That is usually their favorite!

Step 2. After he/she has had time with that toy direct him/her back to the array and see which one they pick the second time. Repeat through all of the top 4-5 toys.

Step 3. Now you can begin saying “**No**” to those items that are *less preferred* (so the ones they picked 4th or 5th from the group). As soon as you say “**No**” you are going to *immediately* follow it with “**But you can have (X)**” and this will be their *favorite item* (the one they chose first).

Step 4. Once they are able to hear “**No**” and accept the more preferred item begin to say “**No**” to more preferred items with an immediate offer of another preferred item (so if you have to say “**No**” to their favorite toy give them their second favorite toy instead).

Step 5. Once they are able to hear “**No**” to preferred items you can begin to make an alternative offer every other time. Once they are able to hear “**No**” sometimes without having something else offered make that offer every other time.

-But what if they aren’t requesting items?!

Sometimes children who aren’t able to ask for things make requests but looking at the item, reaching for it, and some will exchange a picture for what they want. The program works the same way! Use the same language.



-What if they get upset and won't take the alternative item?!

Remove the offer, keep them safe but don't pay attention to the tantrum and don't offer something else, wait until they are calm and re-direct back to the toys.

Other tips:

-If the problem behavior is more related to learning to wait see your BCBA for more specific ideas.

-If the problem behavior is related to leaving one activity and going to another see you BCBA for more specific ideas about transitions.

-Remember that your child is learning a new skill, they don't yet know how to hear the word "No" and react calmly. It can be very frustrating to deal with the tantrums that follow "No" see you BCBA if you have questions.