

Access

Many behaviors occur because the individual gains access to something that is of value to them.

	Direct	Socially Mediated
Tangible	The child takes a toy from another child	A teacher provides a fidget toy at circle time after the child shows signs of distress
Activity	The child runs to the swing at the playground and swings on his belly	Mom turns on the TV when her child gets "amped up" to avoid a meltdown
Sensory Experience	The child spins in circles	Mom and Dad take turns applying pressure to their child's head and hands to end a tantrum
Attention		To keep her child in "time out" Mom holds her on her lap

Escape

Individuals will go to great lengths to escape or avoid things that are unpleasant.

	Direct	Socially Mediated
Lengthy Task	The child walks away from the dinner table	Mom helps her child clean up his room when he refuses to do it
Difficult Task	The child rips up her math homework	Dad asks the teacher to assign less homework because his child feels it is too hard
Sensory Experience	The child covers his ears when the hand dryer starts	Mom takes her child out of a bathroom that has hand dryers
Attention	The child hides under a blanket when someone walks into the room	Mom tells other children at the playground that her child would rather play alone