

INCREASING HEARING AID WEAR TIME THROUGH BEHAVIORAL MOMENTUM: A GUIDE FOR PARENTS

Behavioral Momentum and Hearing Aid Usage

This strategy increases the likelihood that your child will follow directions (tolerating putting a hearing aid on and keeping it on) because they are getting reinforced for easy behaviors and skills first. This can decrease frustration because the child is having success, making it more likely that they will try harder with the more challenging task of wearing their hearing aid.

How can you use behavioral momentum?

1. With your clinician, identify tasks that the child can typically do easily (touch head, spin around, put backpack on, etc.)
 2. When using behavioral momentum: deliver 3-5 easy requests in a row and give your child reinforcement/praise (high-five, thumbs up, praise, etc.) after your child successfully does each task
 3. Deliver the harder request (put your hearing aid on/allow someone to put your hearing aid on for you) immediately after reinforcing the easy requests
 - After your child successfully does this, provide greater reinforcement and praise than you did for the easier tasks (food, tickles, etc.)
- For example:
 - “Let mommy touch knee” → praise/high five
 - “Let mommy touch head” →praise/ high five
 - “Let mommy put on backpack” → praise/high five
 - “Let mommy put hearing aid on” → praise/food
 - If they do not let you put their hearing aid on (or do not willingly put it on themselves) give additional easy requests (with reinforcement) and try again

Important tips for using behavioral momentum:

- You should use behavioral momentum BEFORE any problems arise
 - For example: If your child often refuses to put their hearing aid on before school, this strategy should be used before any negative behaviors surrounding the hearing aid are shown for the day, first thing in the morning
- You should avoid repeating the same 3-5 easy requests each time
 - This will make it more likely that your child will successfully complete each task