



## FACT SHEET | U of M LEND Program

# CHALLENGING BEHAVIORS SERIES

## High-Probability Request Sequence and Embedding

### What is a high-probability request sequence?

- A high-probability request sequence is an intervention in which a set of simple requests for which the child is usually willing to complete is delivered immediately prior to a request that typically would result in challenging behavior by the child. This intervention strategy can be implemented to increase children's participation in activities and reduce escape-motivated challenging behavior. Responding to a sequence of high-probability requests increases the likelihood that the child will respond to a low-probability request.
- This strategy involves two components: high-probability requests and low-probability requests. A high-probability request (or high-p request) is one to which the child will usually respond. For example, Mark will usually respond when asked, Clap your hands, Give me five, Show me your shirt. A low-probability request (or low-p request) is

one that typically results in no response and/or challenging behavior. Mark, on the other hand, will often run away when asked to join the group circle.

### Who would benefit from using high-probability requests and embedding?

- High-probability request sequences and embedding are useful for children who engage in challenging behavior to —
  - » Escape/avoid a task or activity: When asked to hang up his coat, Jacob slaps at his teacher.
  - » Escape/avoid transitions: Rhonda falls to the floor, kicks, spits, and screams when she is asked to transition throughout the day.

### How do I implement a high-probability request sequence intervention strategy?

- To implement this strategy, the interventionist must identify three to five

high-p requests for the child. Each of these requests needs to be one to which the child can quickly and immediately comply.

- Next, the interventionist should target a specific low-p request that usually results in the production of challenging behaviors.
- The interventionist then delivers 3 to 5 high-p requests immediately prior to delivering a low-p request. In Mark's example, the teacher may ask Mark to clap his hands, give her five, show her his shirt, and then immediately ask him to come to circle.

### What is embedding?

- Similarly, embedding uses a preferred activity rather than a set of requests to increase the probability that the child will engage in the low-p request. During embedding, the child and the adult engage in an interaction that is preferred by the child. The adult then

embeds the low-p request into the interaction.

- » For example, Leigh usually engages in challenging behavior when asked to get ready to leave her house. Just prior to requesting Leigh to get ready to go to the grocery store, her father begins to tell Leigh a story about dinosaurs. "Once upon a time there lived some dinosaurs, and these dinosaurs became very hungry. Some dinosaurs ate plants and some ate...." As her father continued the story, he said, "It is time to get ready to go to the store. This way, the dinosaurs will not get hungry." He continued his story as they prepared to go to the store.

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