

What is Manding?



Manding:

Acting on a motivation to gain access to an item, person, or activity. This portrays a person's "requesting" behavior.

Example: You're watching TV and it is too quiet but your spouse has the remote, so you say, "could you turn the TV up, please?" In this example, you are "manding" for the TV to be turned up so you can hear.

Another Example: A toddler says, "Mom, I want ice cream." The toddler in this example is "manding" or in other words, "requesting" for ice cream.

Manding is an important skill for kiddos to learn because it promotes their independence and self advocacy skills.

Mands can come in a variety of forms including spoken words, sign language, AAC devices, pointing, etc.

Mand Training



What is it?

Mand training is contriving opportunities for your kiddo to request for items they want or need. This is as open ended as it sounds! Encourage your kiddo to ask for everything and anything that they need on a day-to-day basis.



How do I do it?

When doing day to day activities with your kiddo, try to keep items they likely need or want out of reach so that they need to go to you in order to access them. Once you notice that there is a desire for an item, person, or activity, prompt your child to ask for it. This could be modeling what you would like your kid to say or do. For example, if your kiddo is reaching for a bite of apple that you have in your mouth, you could ask them to say, "I want a bite of apple, please."

Example: Your kiddo is coloring a coloring page and only has the red marker but desires a blue marker, hold the blue marker out of reach and say "I want blue" or "blue" or whatever level of communication that your student is capable of. Once your kiddo repeats the request for the blue marker, give it to them right away and praise them for asking. Repeat this process with other colors and items. Try to make your child's requests as specific as possible to help with language building rather than simply asking for "more."



What if my student cries, grabs, or hits me to get something?

If your kiddo engages in problem behavior to access items, remain calm, do not attend (i.e. scold or yell) to the behavior, let your kiddo know that if they want something, they can ask for it. Wait for your child to calm down and do not give access to the item, person or activity until they are clam and able to ask or mand for what they want.

Example: You are holding a piece of chocolate and your child comes up to you, hits you, and reaches for the chocolate. Say, "you can ask for a bite. Say 'I want chocolate.'" Once your kiddo repeats the phrase calmly, you can give access to a bite of chocolate and tell them they did a good job asking for the chocolate.

What do we mand for?

Things:

*Food

*Toys

*Electronics

Activities:

*Going to the park

*Taking a break

*Going to the Pool

Social:

*Tickles

*Going to dinner together

*Hugs

*Play dates