

# Parent & Practitioner Guide to Video Modeling



## Video Modeling is...

Video modeling is a technology based intervention provided to assist toddlers in learning and using specific skills. A model (i.e., peer or adult) is recorded demonstrating a desired behavior which is later viewed by the toddler prior to the toddler attempting to replicate what was demonstrated by the video model.

### EVIDENCE-BASED

### PRACTICE (EBP):

#### **Video Modeling**

This information guide was designed as a supplemental resource to help answer basic questions about the EBP and provide you tips for implementation.

For more information, visit:  
[www.asdtoddler.fpg.unc.edu](http://www.asdtoddler.fpg.unc.edu).

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## Why Use Video Modeling?

Toddlers with or at risk for ASD often have a hard time learning new skills. Using a video model to view new skills has previously been successful in helping toddlers acquire or improve a range of skills and has been found to be highly motivating. Video modeling provides a visual demonstration of an appropriate skill for the toddler to

## Where Can You Use Video Modeling?

Video modeling can be used in the toddler's home or early childhood centers. Video modeling can be adapted for use in ongoing routines and activities.

## Who Can Use Video Modeling?

Any parent, family member, childcare provider, early interventionist, or other team member can learn and effectively use video modeling. However some equipment is needed to record, edit, and view the video model example; thus, the user needs to be familiar with the equipment.

Remember, you must be able to record, edit, and view the video model example. Refer to the chart below for equipment needed for each of the video functions.

Recording	Editing	Viewing
Video camera Tablet (iPad) or smartphone with recording capability	Computer with video editing software installed such as iMovie or Windows Movie Maker (Some cameras and devices have editing capabilities)	Video playback device such as a desktop or laptop computer, tablet, or smartphone

# Tips for Implementing Video Modeling

## Have you...?

- Identified a target behavior?
- Identified the behavior?
- Created an observable and measurable outcome?
- Simplified the task?
- Identified a highly motivating positive reinforcer?
- Selected and become familiar with the equipment?
- Selected the model (peer or adult)?
- Created the video and successfully uploaded it to the viewing device?
- Selected a data collection method and begin to collect baseline data?



Plan

## Did you...?

- Arrange the environment and gather needed materials for the activity?
- Determine a time to show the video model to the toddler?
- Implement activity to engage behavior or skill?
- Observe the toddler to determine the effectiveness of the VM intervention?
- Fade the video as the desired skill was mastered?
- Reinforce behaviors



Implement

## How's it going?

It is important to keep a record so that you know what progress has been made. You may find it helpful to gauge progress by answering the following questions for yourself. What changes do you want to make to the video model based on what you learn from your progress record?

- What does your record (baseline data and post intervention) tell you about the level of skill acquisition?
- Are some steps within a desired skill easier for your toddler to complete than others?
- Has a new skill or behavior been mastered?
- Has your toddler been able to complete desired skill without additional reinforcers?
- Are there changes you want to make for the video model that would be more useful?



Monitor