

Task Analysis Chart

The purpose of a task analysis chart is to help your child learn to become more comfortable with his positive airway pressure (PAP) equipment. Because many kids find PAP to be uncomfortable, this is done very gradually. The task analysis chart lists each of the steps that need to be practiced at home. **It is important that you do not move too quickly from step to step, or skip steps.** For your child, the steps should be as outlined below.

	Task	Start with ____ seconds	Move to next step when he can do ____ seconds/minutes
Step 1			
Step 2			
Step 3			
Step 4			
Step 5			
Step 6			
Step 7			
Step 8			

Important Things to Remember

- It is important to provide your child with a lot of praise when he is doing the step correctly. However, it is even more important that you ignore any unwanted behaviors (crying, hitting, saying no) and do not give your child negative attention ("Why can't you just put it on!").
- Using a timer can be helpful so that it is not you telling your child when the step is over, but rather the neutral timer. In addition, the timer can provide some distraction for children when they are asked to be the timekeeper.
- Pair each step with something enjoyable (e.g., video game, favorite TV show). However, if your child removes the mask or turns off the machine before time is up, immediately remove the fun activity.
- If your child removes his mask, immediately place it back on and hold it there gently until the time goal is reached.
- Provide a small reward when your child successfully completes each step.

Helping your child learn to adapt to PAP therapy can be incredibly challenging! However, with consistent practicing and lots of patience, your child can develop the tolerance needed for this important therapy. For most children, if you take the time to help them become more comfortable wearing PAP, they will be more likely to keep wearing it over time, with significant benefits to their health, development, learning, and behavior.