Choosing a Treatment for Pica

Always start by ensuring the environment is safe.

This site has some good tips:

http://www.babycenter.com/3 03_safety-childproofing-athome 10402367.bc

Try to find a competing stimulus.

If you find an item that works, allow the learner to play freely with that item and block if you catch the learner eating something they shouldn't.

Does your learner play appropriately with leisure items and interact with people?

If not, teach your learner to play with appropriate items and engage with people.

If your learner can do these things, he may choose to do them instead of engage in pica.

Contact a BCBA if your learner is still engaging in pica after trying these strategies.