

**WELCOME TO PARENT
TRAINING AND
EMPOWERMENT**

SKILLS TRAINING!

GOALS FOR SKILLS TRAINING

1. Learn the 3 step teaching process
2. Learn how to predict what will happen next time based on the “AFTER”
3. Learn how to “HELP” your child when they struggle to do something
4. Learn some basic skills and how to teach them

GAIN ATTENTION!

Before you work with your child, it is important to gain their attention first. We can do things such as:

1. Get down on their level
2. Put their hands to our face gently
3. Use pointing to have them focus on what you want.
4. Take control of items they are playing with
5. Eliminate distractors
6. Join the child in what they are doing!

3 step teaching: All of our actions are controlled by what happens before and after the action. We break this down into 3 steps:

1. **Ask**: What did I ask my child to do, or what action happened?

2. **Reply**: What the child does/says.

3. **After**: What happened after the response?

EXAMPLES OF THE “ASK”

1. Tell your child to wash his hands
2. Clap your hands as you tell your child “do this”
3. Have your child repeat a sound, word or phrase by using the term “Say
4. Give your child an instruction
5. Ask your child “What do you want”
6. Others?

	Ask	Reply	After	Next Time?
1	Walk down street and see a rock.	Kick the rock	Break toe.	
2	Walk down street and see a rock	Skip the rock across the water	Felt good/liked to skip the rock.	

When your child is correct (even if they need help to be correct), you will give them feedback. This is the “AFTER” part of the 3 step teaching process:

1. **Praise** (good job, you are amazing, I like how you did that)
2. **Items** (giving them little pieces of food, toys, phone, games)
3. **Social** (high 5s, tickles, arms in the air, fist bumps, silly faces)

Keep in mind MOTIVATION!

Without the proper motivation, it is difficult to learn a new skill.

There should be different “AFTER” for different behaviors. For example, if the child does the skill you are asking, there should be praise, motivation, items! If they do not do the skill, we should not have those things present.

	Ask	Reply	After	Next Time?
1	Tell your child to sit down	They sit down	You say “awesome sitting” as you smile and give a high 5.	
2	Ask child “what do you want”	Child gives you picture of water	You give your child the water.	
3	Ask child “what do you want”	Child yells loudly	You hold up several items until the child takes the water.	
4	Ask your child to give the phone to you.	Child screams and cries.	Child gets phone back	

We use this 3 step process to teach skills. Watch Videos/Demonstrate. Now we can practice:







Glasses



= TEA

LMC



	Ask	Reply	After
1	“High Five” and hold up hand.	Child will give high five. You can gently help your child give you a high 5 if they are unable to do this.	“You are so great! Awesome high 5!” as you smile.
2	Say your child’s name. Try to sit at eye level with your child to help.	Child will turn and look at you. If your child has trouble with this, place both of your child’s hands on your face as you ask.	Make a silly face! Say “Nice looking at me!”
3	“What do you want?” as you have the phone	Child can say “I want phone” “phone”, point to phone, or anything else they are capable of.	Give your child the phone and say “Perfect!”

When your child has difficulty with the correct REPLY, you need to provide HELP. This should be done during the ASK part of the 3 step learning process.

HELP can be done in several ways

1. Physically HELP them. For example, if you asked them to clap, the HELP would be physically moving your child's hands so they clap. (One warning, I never use force when giving help. If your child pulls away, work on motivating them with the AFTER to want your HELP.)

	Ask/Help	Reply	After
1	"Clap" as you physically move your child's hands together in clapping motion	Child is clapping with your HELP	Super Job! As you raise your hands in the air.

1. Verbally HELP them. Tell them what to say. For example: if you asked them to say their name, the HELP would be saying their name so they can repeat it.

	Ask/Help	Reply	After
¹	What is your name (Bobby)	Child repeats name with the HELP	You are a Rock Star! As you laugh and fist bump.

Gesture/Model HELP them. For example, you are trying to get them to recognize a pen and you can point to the pen. Or, ask them to wave and wave yourself.

	Ask/Help	Reply	After
1	Give me the Pen (point to the pen on the table)	Child picks up the pen and gives it to the parent	Fantastic as you give a high five.
2	Wave (as you hold up your hand and wave) <small>3/1/20XX</small>	Child imitates you and waves	You are beautiful!

If your child is incorrect, the AFTER would be encouraging them to do it better (lets try again, very close, nice try) then you can start the ASK again.

	Ask/Help	Reply	After
1	“High Five” and hold up hand.	Child does not give you a high 5.	“Let’s try again”
2	“High Five” and hold up hand. Help your child give you a high 5.	Child gives you a high 5.	Awesome! As you tickle your child.

Communication: We teach this skill because all children should have a way to ask for items. We can teach them to do this verbally, through pictures, or sign language.

Make sure you have an item that your child wants (example popcorn or bubbles).

	Ask/Help	Reply	After
1	What do you want (with bubbles in your hand. Can give Help if needed.)	Child can ask for bubbles verbally, with the sign, or with a picture of bubbles.	Always immediately give the child the item.

Following Instructions: We teach this skill so your child will listen to what you are asking them to do. This can also be a safety issue so they will listen to you if there is a dangerous situation. To ensure your child follows instructions.

	Ask/Help	Reply	After
1	What do you want (with bubbles in your hand. Can give Help if needed.)	Child can ask for bubbles verbally, with the sign, or with a picture of bubbles.	Always immediately give the child the item.

Imitation: We do this program because it is the basis for teaching other skills. If the child can imitate us, we can teach a wide variety of skills. We can do imitation of facial expressions, actions, actions with objects, play, and others

	Ask/Help	Reply	After
1	Do this (as you clap)	Child will imitate the clap	Perfect! As you tickle them
2	Do this (as you roll a ball to them)	Child will roll ball back	Great rolling!
3	Do this (as you stick your tongue out)	Child will stick tongue out	You are amazing! With high tens.

Verbal Skills: We do this program to increase language. By imitating our language children, are able to learn the sounds they need to produce in order to get their needs and wants met. You can roll up a piece of paper to make it into a microphone if needed. You will say a sound or a word, and have your child repeat you

	Ask/Help	Reply	After
1	Say babababa	Child says babababa (Or any sounds at all)	You are so good!
2	Say Karibu	Child says Karibu	You did it!

Labeling Items: We do this program so your child can recognize as many items around them as possible. This helps with communication. You can have your child get items if they are unable to speak or say the items. For example, you can say “get cup” and they just grab the cup. Or you can hold up the cup and say “what is it” and they will verbally say “cup”

	Ask/Help	Reply	After
1	Get cup	Child picks up the cup and gives it to you	Great! Thank you!
2	Hold up a cup and ask What is it?	Child says cup	That’s right!

Life Skills Training: We want children to be as independent as possible. To do this, we want to teach them how to do things such as brush their teeth, use the restroom, wash their hands, or other life skills. These skills have multiple steps to complete. We need to break the skill up into the different steps. This way the child can start to do some of the steps by themselves and other steps you can help with. Write out the list!

	Steps
1	Turn on water
2	Get hands wet
3	Put soap on hands
4	Rub hands together for 30 seconds
5	Rinse hands
6	Turn off water
7	Dry hands

Questions?

What skills do you want to teach your child?