

# Balance Program

## Materials for Parents

### Program Mission

- ✓ Preempt the development of chronic and severe problem behavior in children with autism



### Program Goals

- ✓ Initial goals
  - Strengthen trust in the parent-child relationship
  - Allow the child some control of his/her experiences via communication
  - Teach the child that problem behavior is unnecessary
- ✓ Ultimate goals
  - Create balance between child-led and adult-led interactions
  - Allow for some shared control of the daily activities and interactions
  - Teach both parent and child to be present and available to each other
  - Prepare the child for inevitable daily disappointments and ambiguities
  - Provide the child with hope that all drudgery eventually ends and the understanding that good things follow good behavior
  - Develop a repertoire of life skills: communication, toleration, and cooperation

## What to Expect

Here is what happens in each visit during the ten-step teaching process:

### Before the Visit

- ✓ Place the 2 bins in the teaching area
- ✓ Allow your child to select new things to put in the fun bin
- ✓ Have your child use the bathroom or change his/her diaper

### First 5 min

- ✓ Bring your child and the coach to the teaching area
- ✓ Talk about the objectives for the visit

### Next 20 min

- ✓ Ask questions about the skills you practiced since the last visit
- ✓ Demonstrate 5 trials of the skill you've been practicing with your child. Your coach will not prompt you or provide feedback while you do this—just do your best!
  - If your child doesn't respond as expected on his/her own, prompt him/her
  - Provide different outcomes for desired behavior and problem behavior
- ✓ Afterwards, your coach will talk with you about what went well, offer some suggestions, and answer your questions

### Next 30 min

- ✓ Your coach will provide you with a sheet describing the next step. Take a few minutes to read this.
- ✓ Your coach will discuss the rationale for the step, show you how this step should look, and role play the step with you if you'd like.
- ✓ Practice the step with your child. Your coach will offer guidance.

### Final 5 min

- ✓ Review what to practice between now and next visit
- ✓ Plan practice times between now and next session. Just 5-10 min each! It really helps if you can choose consistent practice times each day, such as 5-10 min right after breakfast and 5-10 min right after dinner.
- ✓ Confirm the date, day, and time of the next visit

## Step 1: Promote Play



### Purpose

- ✓ Encourage your child to play
- ✓ Create a context in which problem behavior is unlikely
- ✓ Strengthen parent-child relationship

### Parent's Goals

- ✓ Provide access to many of child's most-liked items and activities
  - Allow continuous and uninterrupted access to everything in the fun bin for 5 minutes
- ✓ Let your child lead the activities
  - Observe what your child is doing, wait for an indication s/he wants you to join in, and then do what you think s/he wants you to do
- ✓ Express interest in and approval of your child's activities
  - Respond to all of your child's comments, questions, requests
  - Compliment your child's play at least 2 times in 5 minutes
- ✓ Avoid making playtime seem like work to your child
  - Avoid asking questions or giving directions.  
Make statements instead:  
e.g., "I can help if you'd like"
  - Don't try to teach or prompt language.

### Child's Goal

Engage with items from the fun bin for most of the 5 minutes, with no problem behavior

### To Do

Practice for 5 min at a time, at least 2 times per day until the next visit

1. Provide entire fun bin (not just one item at a time).
2. Allow your child to do whatever s/he likes with the materials, including stereotypy (or "self stim").
3. Be present and available to your child the whole time (don't do other tasks or attend to other people).
4. Follow your child's lead. Respond to all social bids, or requests to look or play.
5. Compliment your child's appropriate play with the materials. Be non-directive (don't attempt to teach).

### Step 1 Practice Log

Date of Visit (Step 1 Introduced): \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min
___/___/___ Session 1		Promote play for 5 min
___/___/___ Session 2		Promote play for 5 min

Date of Next Visit: \_\_\_\_\_

Questions:

## Step 2: Teach Your Child to Respond to His/Her Name

### Purpose

- ✓ Teach your child to respond consistently when his/her name is called.
  - Children learn *not* to respond because adults often call a child's name before asking him/her to stop a fun activity and do something the adult wants or needs.
  - Your child can learn to respond well if s/he experiences some rewards or welcome surprises following his/her name being called.
- ✓ Prepare your child for later lessons on cooperation.
  - When children respond well to their name, they also tend to be more cooperative with instructions that follow.



### Parent's Goals

- ✓ Call your child's name.
- ✓ Teach your child to respond.
- ✓ Immediately praise your child, provide access to the fun bin, and allow your child to lead the interactions.

### Child's Goals

Upon hearing his/her name, stop what s/he is doing, look towards you, and say "yes" in 4/5 opportunities.

### To Do

Practice 5 times in 5 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call your child's name one time.
3. If needed, prompt your child to stop (put down materials), look at you, and say "yes."
  - Your coach can show you different ways of prompting and help you choose one. Don't prompt by repeatedly calling your child's name.
4. Immediately praise your child, provide access to the fun bin, and resume playtime.
  - If your child refuses to follow your prompts, do this:
    - i. Remove as many fun items from the area as possible.
    - ii. Take a work task from the task bin and prompt your child to complete it.
    - iii. Once your child completes the task, return the fun bin and resume playtime.

## Step 2 Practice Log

**Date of Visit (Step 2 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 1		Call name 5 times in 5 min (at least 30 seconds of play between each)
___/___/___ Session 2		Call name 5 times in 5 min (at least 30 seconds of play between each)

**Date of Next Visit:** \_\_\_\_\_

**Questions:**

### Step 3: Teach Your Child to Use Words (Part 1)

#### Purpose

- ✓ Teach your child to use words to get what s/he wants in challenging situations
- ✓ Start by teaching just part of the request, so your child gets what s/he wants quickly and without much effort. This helps your child learn the value of words rapidly. (We will expand this to a complete request later.)



#### Parent's Goals

- ✓ After your child responds to his/her name, *sometimes* give him/her a short, clear direction to do something s/he dislikes.
- ✓ Teach your child to say his/her personalized Part 1 Words-- discuss what this will be with your coach.
- ✓ Immediately praise your child for using words, provide access to the fun bin, and resume allowing the child to lead the interactions.

#### Child's Goals

Independently use his/her Part 1 Words to re-access playtime in all opportunities in a session

#### To Do

Practice 5 times in 5 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call his/her name.
  - Half the time, reward his/her response by resuming playtime.
  - Half the time, don't resume playtime. Go to #3.
3. Give a short, clear direction that playtime is over.
  - For example, "Time to clean up" or "Playtime is all done"
4. If needed, prompt your child to say his/her personalized words.
  - The coach can show you different ways of prompting and help choose one that works for your child.
5. Immediately praise your child, provide access to the fun bin, and resume playtime.
  - If your child refuses to follow your prompts, do this:
    - i. Remove as many fun items from the area as possible.
    - ii. Give an instruction to do a task from the task bin.
    - iii. Once your child uses his/her words or follows directions, return the fun bin and resume playtime.

### Step 3 Practice Log

**Date of Visit (Step 3 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words

**Date of Next Visit:** \_\_\_\_\_



## Step 4: Teach Your Child to Use Words (Part 2)

### Purpose

- ✓ Expand your child's Part 1 Words to a full request.
  - Learning a simple, general request that gains your child many desired items/interactions at the same time makes it easier for your child to use words in very frustrating or challenging situations.



### Parent's Goals

- ✓ Teach your child to say his/her personalized Part 2 Words.
- ✓ Immediately praise your child for using words, provide access to the fun bin, and allow your child to lead the interactions.

### Child's Goal

Independently use his/her Part 1 and Part 2 Words to access playtime in all opportunities in a session

### To Do

Practice 5 times in 5 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call his/her name.
  - Half the time, reward his/her response by resuming playtime.
  - Half the time, don't resume playtime. Go right to #3.
3. Give a short, clear direction that playtime is over.
4. Teach your child to say his/her personalized words.
5. Immediately praise your child, provide access to the fun bin, and resume playtime.

If your child refuses to follow your prompts, do this:

- i. Remove as many fun items from the area as possible.
- ii. Give an instruction to do a task from the task bin.
- iii. Once your child uses his/her words or follows directions, return the fun bin and resume playtime.

### Step 4 Practice Log

**Date of Visit (Step 4 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words

**Date of Next Visit:** \_\_\_\_\_

## Step 5: Teach Your Child to Accept Disappointment

### Purpose

- ✓ Teach your child how to respond maturely to disappointment.
  - Problem behavior often originates as an emotional response to disappointment and becomes an effective way for children to control their environment as others work to avoid emotional outbursts.
  - Practicing a specific, mature response to disappointment teaches your child another way to react, without outbursts or problem behavior.



### Parent's Goals

- ✓ After your child uses his/her words to request his/her way, *sometimes* say “no.”
- ✓ Teach your child to say “OK” (or his/her personalized Acceptance Words—discuss with coach)
- ✓ Immediately praise your child for using words, provide access to the fun bin, and allow your child to lead the interactions.

### Child's Goal

Independently accept disappointment (i.e., say “OK”) in both opportunities in the session.

### To Do

Practice 5 times in 5 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call his/her name.
  - **Sometimes**, reward his/her response by resuming playtime
  - The other times, don't resume playtime. State that playtime is over. When your child uses his/her Part 1 and 2 words...
    - Sometimes** praise your child and return to playtime
    - Sometimes** go to #3
3. Deny the request. Use a variety of words (e.g., “no,” “not right now,” “I'm sorry, we can't,” etc.).
4. Teach your child to say “OK” (or his/her personalized words).
5. Immediately praise your child for using words/handling disappointment, provide access to the fun bin, and resume playtime.

If your child refuses to respond to his/her name, use his/her words, use his/her acceptance words, use the same strategies described on page 9.

## Step 5 Practice Log

**Date of Visit (Step 5 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → reward using words
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → reward using words

**Date of Next Visit:** \_\_\_\_\_

## Step 6: Teach Your Child to Cooperate (A Little)

### Purpose

- ✓ Teach your child to cooperate with your instructions.
  - Start by asking for just a little bit of cooperation, so your child gets back to the fun quickly and without much effort. This helps your child learn that following your instructions isn't so bad.



### Parent's Goals

- ✓ After your child accepts disappointment, *sometimes* require him/her to follow your instructions.
  - At this stage, require him/her to follow 1-3 very specific instructions (e.g., put a green block in the bin; hand parent the car toy).
- ✓ Immediately praise your child for cooperating, provide access to the fun bin, and allow your child to lead the interactions.

### Child's Goals

Cooperate with short, specific instructions without problem behavior in all opportunities.

### To Do

Practice 5 times in 5 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call his/her name.
  - **Sometimes**, reward his/her response by resuming playtime.
  - **Sometimes** don't resume playtime. State that playtime is over. When your child uses his/her Part 1 and 2 words...
    - Sometimes** praise your child and return to playtime
    - Sometimes** deny the request; praise your child and return to playtime when s/he gives the acceptance response
    - Sometimes** go to #3
3. Give a clear, specific instruction for your child to do something related to the task bin (e.g., put a green block in the bin).
4. As needed, prompt your child to follow the direction.
  - Your coach can show you different ways of prompting and help you choose one.
  - **Sometimes** give another clear, concrete direction or two and prompt your child to follow them as needed.
5. If your child follows the direction(s) readily, immediately praise your child, provide access to the fun bin, and resume playtime.
  - If your child needs a lot of help to follow a familiar direction, consider not going back to playtime right away. Give another direction and resume playtime once your child has completed it.
  - If your child refuses to use words at any point or if problem behavior occurs, simply proceed with giving instructions from the task bin and do not return to playtime until your child has completed them.

## Step 6 Practice Log

**Date of Visit (Step 6 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 1 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 3 directions → reward cooperation <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 3 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response

**Date of Next Visit:** \_\_\_\_\_

## Step 7: Teach Your Child to Cooperate More (Find the Balance)

### Purpose

- ✓ Stretch the amount of parent-led time to create balance between child-led and parent-led activities



### Parent's Goals

- ✓ After your child accepts disappointment, *sometimes* require him/her to follow your instructions.
  - At this stage, *sometimes* require him/her to follow a few instructions and *sometimes* many.
- ✓ Immediately praise your child for cooperating, provide access to the fun bin, and allow your child to lead the interactions.

### Child's Goals

Cooperate with unpredictable instructions (sometimes short, sometimes complete a whole task) without problem behavior in all opportunities.

### To Do

Practice 5 times in about 5-10 min, at least twice per day until the next visit

1. Allow your child to play for 30 to 60 seconds.
2. Call his/her name.
  - **Sometimes**, reward his/her response by resuming playtime.
  - **Sometimes** don't resume play time. State that playtime is over. When your child uses his/her Part 1 and 2 words...
    - Sometimes** praise your child and return to playtime
    - Sometimes** deny the request; praise your child and return to playtime when s/he gives the acceptance response
    - Sometimes** go to #3
3. Give a clear, specific direction for your child to do something related to the task bin.
4. As needed, prompt your child to follow the direction.  
**Sometimes**, continue giving directions until your child has completed most or all of a task.
5. If your child follows the direction(s) readily, immediately praise your child, provide access to the fun bin, and resume playtime.
  - If your child needs a lot of help to follow a familiar direction, consider not going back to playtime right away. Give another direction and resume playtime once your child has completed it.
  - If your child refuses to use words at any point or if problem behavior occurs, simply proceed with giving instructions from the task bin and do not return to playtime until your child has completed them.

## Step 7 Practice Log

**Date of Visit (Step 7 Introduced):** \_\_\_\_\_

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 3 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response

**Date of Next Visit:** \_\_\_\_\_



## Step 8: Teach Your Child to Cooperate with Different Instructions

### Purpose

- ✓ Make sure your child can use his/her skills regardless of what the direction or activity is

### Parent's Goals

- ✓ When giving your child instructions, choose different activities than you have in previous practice sessions

### Child's Goals

Cooperate with **new**, unpredictable instructions (sometimes a few, sometimes complete a whole task) without problem behavior in all opportunities.

### To Do

Practice 5 times in 5-10 min, at least twice per day until the next visit

Steps are the same as in Step 7, except that you should choose activities that you haven't asked your child to do in previous practice sessions.



## Step 8 Practice Log

**Date of Visit (Step 8 Introduced):** \_\_\_\_\_ **\*Remember to use new tasks/directions\***

Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 3 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response

**Date of Next Visit:** \_\_\_\_\_

## Step 9: Teach Your Child to Cooperate Without the Bins

### Purpose

- ✓ Practice under more natural conditions
  - Remove the bins
  - All items are where they are normally kept



### Parent's Goals

- ✓ Practice as you have before, but without the bins and with all items where they are normally kept.

### Child's Goals

Cooperate with unpredictable instructions without problem behavior in all opportunities, without the bins and with all items in their regular locations.

### To Do

Practice 5 times in 5-10 min, at least twice per day until the next visit

Steps are the same in Step 8, except for the location of the items (where they are normally kept, not in the bins).

## Step 9 Practice Log

**Date of Visit (Step 9 Intro'd):** \_\_\_\_\_ **\*Remember not to use the bins- put items where they are normally kept\***

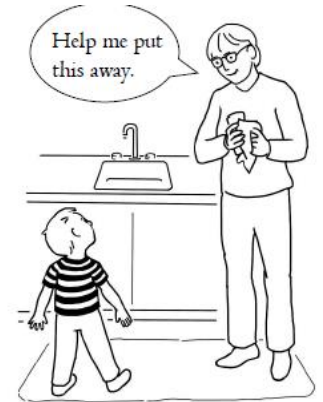
Date	Time of Day	To Do
___/___/___ Session 1		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → give 3 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 2		<input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance
___/___/___ Session 1		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → reward response <input type="checkbox"/> Call name → “playtime over” → “no” → give 1 direction → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation
___/___/___ Session 2		<input type="checkbox"/> Call name → “playtime over” → “no” → reward acceptance <input type="checkbox"/> Call name → “playtime over” → “no” → give 4-6 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → “no” → give 2 directions → reward cooperation <input type="checkbox"/> Call name → “playtime over” → reward using words <input type="checkbox"/> Call name → reward response

**Date of Next Visit:** \_\_\_\_\_

## Step 10: Teach Your Child to Cooperate During Natural Routines

### Purpose

- ✓ Practice during regular routines throughout the home



### Parent's Goals

- ✓ Practice giving rewards and welcome surprises *intermittently* and *unpredictably* throughout the day during normal activities.
  - Aim for balance between parent-led and child-led activities
- ✓ Sometimes reward responding to name, sometimes using words, sometimes accepting disappointment, and sometimes various amounts of cooperation (a little or a lot).

### Child's Goals

Use all skills (responding to name, using words, accepting disappointment, cooperating) during natural activities.

### To Do

Practice throughout the day, each day until the next visit

- Call your child's name periodically and be sure to reward responding immediately some of the time
- Reward using words some of the time
- Reward acceptance (tolerance responses) some of the time
- Reward cooperation—sometimes a little, sometimes a lot

*Child-led playtime is the reward.* You may not always be able to give your undivided attention, but provide access to fun items and try to include your undivided attention for at least a couple of minutes, most of the time.

## Step 10 Practice Log

**Date of Visit (Step 10 Introduced):** \_\_\_\_\_

Practice throughout the day and note any questions or concerns below:

\*Be sure to call your child's name, even when you don't need him/her to do something, so you can reward responding.

\*Be sure to remind him/her to use his/her words as needed. Sometimes reward using words right away.

\*Remind your child to use his/her acceptance response as needed. Sometimes reward this right away.

\*Keep the amount of cooperation that will be required unpredictable—sometimes a lot, sometimes a little. End tasks when your child is cooperating well.

<b>Prompting Options</b>
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	<b>Step 1</b>	<b>Step 2 (if no cooperation at Step 1)</b>	<b>Step 3 (if no cooperation at Step 2)</b>
<b>3-Step Prompting</b> <b>(“Tell them, show them, help them”)</b>	Verbal direction	Verbal direction + model + “you do it”	Physical prompt
<b>2-Step Prompting</b> <b>(“Tell them, help them”)</b>	Verbal direction	Physical prompt	
<b>Wait Out</b>	Verbal direction	Verbal direction + model + “you do it”	Remove all preferred items and wait for your child to follow the direction.  Repeat the direction in a neutral tone of voice every 30 seconds or so.  Do not engage in conversation or try to convince your child to follow the direction.