

## ACTIVITY SHEET



SESSIONS	SKILLS/ACTIVITIES
BEHAVIORAL PRINCIPLES	<ul style="list-style-type: none"> <li>• Introduce overall treatment goals</li> <li>• Introduce concepts of functions of behavior, antecedents and consequences of behavior</li> </ul>
PREVENTION STRATEGIES	<ul style="list-style-type: none"> <li>• Discuss antecedents to behavior problems and develop preventive strategies</li> </ul>
DAILY SCHEDULES	<ul style="list-style-type: none"> <li>• Develop a daily schedule and identify points of intervention (including use of visual schedules) to decrease behavior problems</li> </ul>
REINFORCEMENT 1	<ul style="list-style-type: none"> <li>• Introduce concept of reinforcers – to promote compliance, strengthen desired behaviors and teach new behaviors</li> </ul>
REINFORCEMENT 2	<ul style="list-style-type: none"> <li>• Introduce “catching your child being good”</li> <li>• Teach play and social skills through child-led play</li> </ul>
PLANNED IGNORING	<ul style="list-style-type: none"> <li>• Explore systematic use of extinction (via planned ignoring) to reduce behavioral problems</li> </ul>
COMPLIANCE TRAINING	<ul style="list-style-type: none"> <li>• Introduce effective parental requests and the use of guided compliance to enhance compliance and manage noncompliant behaviors</li> </ul>
FUNCTIONAL COMMUNICATION TRAINING	<ul style="list-style-type: none"> <li>• Through systematic reinforcement, teach alternative communicative skills to replace problematic behaviors</li> </ul>
TEACHING SKILLS 1	<ul style="list-style-type: none"> <li>• Using task analysis and chaining, provide tools to replace problem behaviors with appropriate behaviors and how to promote new adaptive, coping and leisure skills</li> </ul>
TEACHING SKILLS 2	<ul style="list-style-type: none"> <li>• Teach various prompting procedures to use while teaching skills</li> </ul>
GENERALIZATION & MAINTENANCE	<ul style="list-style-type: none"> <li>• Generate strategies to consolidate positive behavior changes and generalize newly learned skills</li> </ul>
SUPPLEMENTAL SESSIONS (AS NEEDED)	<ul style="list-style-type: none"> <li>• Provide instructions on optional topics or review materials</li> </ul>
HOME VISIT	<ul style="list-style-type: none"> <li>• Observe the child in the natural environment</li> <li>• Learn about the layout of the child’s home</li> <li>• Plan implementation of strategies</li> </ul>
TELEPHONE BOOSTER CALLS	<ul style="list-style-type: none"> <li>• Review implementation of intervention strategies</li> <li>• Develop interventions for any newly emerging behavior concerns</li> </ul>

SUPPLEMENTAL SESSIONS	CONTENTS
TOKEN ECONOMY SYSTEMS	This session provides parents with information on the proper use of token economies, star charts and point systems to promote positive behaviors in the home and community
IMITATION SKILLS	This session teaches parents fundamental skills for helping their child learn to imitate others
TIME OUT	This session provides information on the proper use of time out, how to problem-solve if issues arise, and how to develop and implement a time out plan at home
SLEEP PROBLEMS	This session provides information on how to address bedtime and sleep problems often observed in children with ASD, such as difficulties with bedtime routines, delayed sleep onset, night awakening, sleep association problems, and the child entering the parents' bed
FEEDING PROBLEMS	This session helps the parent address a range of feeding problems that are commonly seen in children with ASD, such as food selectivity, mealtime behavior problems, and overeating
TOILET TRAINING	This session helps the parent address a range of possible toileting issues such as diaper rituals, refusal to use the toilet, and nighttime toileting problems
CRISIS MANAGEMENT	This session provides an opportunity to problem-solve the management of dangerous child behaviors, family crises and pressing educational issues