



WHAT WE KNOW WORKS: EVERYDAY STRATEGIES

WEBINAR WORKSHEET

About this Webinar:

What if you could incorporate intervention strategies into your daily routines to maximize learning opportunities for your child? In this one-hour webinar, participants will be introduced to evidence-based interventions and strategies, be given a framework for how to incorporate these strategies within their everyday routines, and learn how to incorporate an individual's personal interests and motivation as a basis for learning

Purpose of this Worksheet:

This worksheet is a tool you can use during the webinar to take notes about how you can apply the information you learn.

The content included is general information and is not specific medical or behavioral advice. The information provided may not work for every child with autism or their family. We recommend working closely with your child's doctor(s), therapist(s), and/or educator to discuss how the ideas shared may be individualized to meet your child's needs. If you have an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

Everyday Strategies

INFORMATION REVIEW

Below are a few key points and resources we discussed during this webinar. This information will serve as a reference for you as well as help you think about how you can use this information to guide your interactions with your loved ones.

Identify a target skill that is needed for your child to experience success.

When identifying skills to teach, it is important to consider all the environmental factors at play. What do they need to be able to be successful in that environment? What supports are needed to slowly introduce and teach that skill so they can experience success? What everyday opportunities exist to practice and develop this skill?

Identify evidence-based strategies and interventions to teach skills.

If unfamiliar with evidence-based strategies and interventions, explore available resources on what is considered best practice. More resources on this topic can be found on our website under best practice. okautism.org/bestpractice.

Identify and use your child's motivation and interests.

Children learn best when a skill is tied to their motivation and interest. Here are a few tips to remember when setting yourself up for success:

- Follow your child's lead
- Find the "just right" challenge
- Praise the process rather than the outcome

Prioritize teaching skills that will lead to more opportunities and experiences for your child.

Identifying ways to expand on skills such as communication and coping opens up further learning opportunities for your child, and research shows that developing skills in these areas will decrease the likelihood of future challenging behavior. Below are additional resources that help target these areas.

- *Communication Matrix*: The communication matrix is a free assessment families can use to help understand the communication status, progress, and unique needs of their child who is functioning at early stages of communication or using forms of communication other than speaking or writing. This tool can be found at communicationmatrix.org.
- *Resources for Coping Skills*: amy-laurent.com and 5pointscale.com



OKLAHOMA AUTISM NETWORK
The University of Oklahoma Health Sciences Center

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ASK YOURSELF

Below are some questions that you can answer as we go through this webinar. This will help you apply the information you have learned with your own child.

Identify your child's motivation and interests: When is my child motivated? How does this motivation change throughout the day? What items/ activities does my child enjoy most?

Model & expand language for your child: How does my child currently use their language to safely, effectively, and respectfully communicate wants, needs, likes, and dislikes in ways that are understood by others and do not result in harm to self or others?

Fill in the chart on the following page to help identify your child's current skill as well as their next steps in working towards their goal.

Developing coping skills for your child: How does my child currently safely, effectively, and diplomatically, cope with, tolerate, and accommodate adversity in situations that are in their best interest over the long term?

Fill in the chart on the following page to help identify your child's current skill as well as their next steps in working towards their goal.

Everyday Strategies

ASK YOURSELF

Provided is a sample that was used in the webinar. Take some time to complete the chart to help target your child's current skills as well as their next steps in learning within the following skill areas discussed.

Skills Area	Current Skills	Next Step	Desired Outcome
<p><u>Example Goal:</u> Sam's parents have assessed his current skill level, as well as next steps moving towards a goal.</p>	<p>Sam will play independently with a preferred item/activity for 10 minutes.</p>	<ul style="list-style-type: none"> • Tolerate taking a turn • Tolerate sharing space with adult and preferred items • Communicating wants and needs during play routines (single words/ approximations) 	<p>Sam will play with his dad for at least 5 minutes taking 3 back and forth turns with a toy for 3 play sessions in one week.</p>
<p>Assess your child's current communication skills.</p>			
<p>Assess your child's current coping skills.</p>			