



**OKLAHOMA AUTISM NETWORK**

*The University of Oklahoma Health Sciences Center*

# PROACTIVE PARENTING

---

## WEBINAR WORKSHEET

### **About this webinar**

Parenting/caregiving can be rewarding, challenging, humbling, and full of joy – sometimes all at the same time!

In this one-hour webinar, participants will learn proactive parenting strategies and how to apply general behavioral principles in their day-to-day activities with their loved ones. Topics include the importance of creating opportunities to have frequent positive interactions with your child, the power of clearly communicating your expectations, behavior and its relationship with consequences, and the positive impact you make by attending to inappropriate behavior calmly and precisely. The content of this session is based upon the book, "The Power of Positive Parenting," by Dr. Glenn I. Latham.

### **Purpose of this worksheet:**

This worksheet is a tool you can use during the webinar to take notes about how you can use this information to guide your interactions with your loved ones.

*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.*

# Proactive Parenting

---

## INFORMATION REVIEW

---

Below are the 4 Behavioral Principles and 9 Parenting Skills that 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.

### Four Behavioral Principles

1. Behavior is strengthened or weakened by its consequences.
2. Behavior ultimately responds better to positive consequences.
3. Whether behavior has been punished or reinforced is known only by the course of that behavior in the future.
4. Behavior is largely a product of its immediate environment.

### 9 Proactive Skills

1. The ability to seize opportunities to have frequent positive interactions with your child.
2. Clearly establish and communicate your expectations.
3. Clearly establish and dispense the consequences for appropriate responses and inappropriate responses.
4. Ignore behaviors which do not threaten the basic quality of life, limb, and property.
5. Attend to inappropriate behavior in an unemotional, precise, and directive way.
6. Do not question a child about his/her behavior, or ask the child to explain his/her inappropriate behavior.
7. Use the inappropriate behavior of one child as a cue to you to attend to the appropriate behavior of other children.
8. Smile, laugh, touch, and talk – a lot!
9. Assess behavior analytically and treat it clinically.

- from *The Power of Positive Parenting* by Dr. Glenn Latham (1994)



**OKLAHOMA AUTISM NETWORK**  
*The University of Oklahoma Health Sciences Center*

# Proactive Parenting

---

## ASK YOURSELF

---

**When I think about the 9 proactive parenting skills, which three (3) skills are the most interesting or could be the most useful for the people in my family?**

1.

2.

3.

**Out of the 3 skills that I listed above, which one of these skills would I like to practice first?**

**What are some ways that I can practice this skill?**

**REMEMBER – PROGRESS, NOT PERFECTION!**



**OKLAHOMA AUTISM NETWORK**  
*The University of Oklahoma Health Sciences Center*