

Skill Review 进餐技能回顾

Homework: Module 10 - Overcoming Mealtime Challenges

家庭作业: 第10模块: 克服用餐时的难题

Name 姓名: _____

Date 日期: _____

Instructions: Read each skill and corresponding example. If your child usually exhibits the skill, check the box and move on to the next skill. If your child has had challenges developing the skill, check the box, and read the ideas for practice at home. Optional: jot down notes about your child's strengths and challenges related to each skill.

说明: 阅读每项技能和相应的范例。如果你孩子通常展示该技能, 请勾选此框并继续学习下一项技能。如果你孩子在开发技能方面遇到了挑战, 请勾选此框, 并阅读在家练习的想法。可选项: 记下你孩子与每项技能相关的优势和挑战。

Skill 技能	My child has had challenges developing this skill 孩子发展该技能有困难	My child can usually do this skill 孩子可以做到这个技能	Ideas to build skills at home 家庭练习建议
Eats a variety of foods 吃各种各样的食物 Example: Does your child eat a variety of foods and try new foods when asked? 范例: 要你孩子进食, 孩子会吃各种食物并尝试新食物吗?	<input type="checkbox"/>	<input type="checkbox"/>	<ol style="list-style-type: none">1. Provide your child with foods that are similar to the ones they already prefer. Gradually introduce less similar foods. 为你孩子提供与他们喜欢的食物相似的食物。逐渐介绍不太类似的食物。2. Place non-preferred foods on a plate and reinforce your child for touching or looking at the food. Gradually encourage your child to take small bites or just touch the food. 将不喜欢食物放在盘子上, 强化孩子触摸或看着食物。逐渐鼓励你孩子吃一小块或只是触摸一下食物。 <p>Comments/questions 建议/问题:</p>

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<p>Sits at table or counter 坐在桌子或台子旁</p> <p>Example: If you say, “It’s time for dinner” will your child go to the table, sit down, and stay seated throughout dinner without assistance from you? 范例: 如果你说, “吃饭了” 你孩子会在没有你帮助的情况下, 走向餐桌, 坐下来, 在整个晚餐时一直坐好吗?</p>	□	□	<ol style="list-style-type: none"> 1. Give the cue “Time for dinner” and show your child a visual of the dinner table. Give positive praise and encouragement when your child goes to the table and sits down. 给出“吃晚餐了”的提示, 并向你孩子展示餐桌的视觉材料。当你孩子走到桌边坐下时, 给予积极的赞扬和鼓励 2. Provide reinforcement during the meal for staying seated. 在进餐期间提供巩固加强以使其一直坐着。 3. Use the strategies identified in session 3 to improve attention. 使用第3课程中确定的策略来提高注意力。 <p>Comments/questions 建议/问题:</p>
<p>Eats food at a safe pace, with small bite-size pieces of food 以安全的速度进食, 小块小块地吃</p> <p>Example: During mealtime, does your child eat quickly, finishing before everyone else? 范例: 在用餐期间, 你孩子是否快速进食, 在其他人之之前就吃完食物?</p>	□	□	<ol style="list-style-type: none"> 1. Give a prompt to put down their utensil (show visual, give verbal cue) and provide reinforcement when they put it down for five seconds. After five seconds allow the next bite. 给出提示让他们放下的餐具(显示视觉材料, 给出语言提示)并在他们放下餐具五秒钟时提供强化。五秒后允许吃下一口。 2. Cut food into very small bites and place only one bite at a time in front of your child. 将食物切成非常小块, 并在孩子面前一次放小块食物。 <p>Comments/questions 建议/问题:</p>

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<p>Makes healthy food choices 选择健康的食物</p> <p>Example: Does your child eat a variety of fruits, vegetables, proteins, and other nutrient-rich foods? 范例: 你孩子是否食用各种水果, 蔬菜, 蛋白质和其他营养丰富的食物?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<ol style="list-style-type: none"> 1. Provide access to a high volume of healthy food options and a low volume of less healthy options. 提供大量健康食物选择和少量不太健康的食物选择。 2. Make fun food creations with healthy ingredients. Arrange food on your plate in imaginative shapes (a face, a rainbow, etc.) and prompt your child to create their own before eating. 用健康的食材制作有趣的食物。以富有想象力的形状(面部, 彩虹等)将食物摆放在盘子上, 并促使孩子在进食之前构创自己的食物。 <p>Comments/questions 建议/问题:</p>

Mealtime Plan 进餐时间计划

Homework: Module 10 – Overcoming Mealtime Challenges

家庭作业：第10模块：克服用餐时的难题

1. Create a step-by-step task analysis of the mealtime routine in your home.

创建家中进餐时间日常活动的逐步任务分析。

- a. Start with **Column 2**. List the behaviors you would like your child to do and in what order (remember, be specific about what you want them “to do”).

从**第2列**开始。列出你希望孩子做的行为和顺序(请记住，具体说明你希望他们“做什么”)

- b. In **Column 1**, list the natural “cues” that help your child understand the expectations for each step of the routine.

在**第1列**中，列出自然的“提示”，帮助你孩子理解对日常活动的每个步骤的期望。

Step 步骤	Column 1 第1列	Column 2 第2列
	Environmental Information / Cue 环境资讯/提示 <i>Example: Mom says “Time for dinner”</i> <i>范例: 妈妈说“吃晚餐的时间到了”</i>	Expected Behavior 期待行为 <i>Example: Child walks to kitchen.</i> <i>范例: 孩子向厨房走去</i>
1		
2		
3		
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7		
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9		
10		

Use the questions below to develop a plan for addressing mealtime challenges with your child.

使用以下问题制定计划，解决你孩子进餐时间的问题

1. What are the most difficult steps of the mealtime routine for your child? List the steps below.
你孩子的进餐时间日常活动最困难的步骤是什么？列出以下步骤。
2. How can you use **reinforcement** to help your child with the mealtime routine?
如何使用**强化**来帮助你孩子完成进餐时间的日常活动？
3. What **visuals** or other supports (timers, etc.) can you use to help your child with the mealtime routine?
你可以使用哪些视觉支持或其他支持(计时器等)来帮助你孩子完成进餐时间的日常活动？
4. What **rules** will you establish with your child regarding mealtime?
你与你孩子就进餐时间制定哪些规则？
5. What **other strategies** will you try to help your child with the mealtime routine (i.e. diet changes, new meal schedule, etc.)?
你将采取哪些其他策略来帮助你孩子完成进餐时间(即饮食变化、新的餐时间日程表等)？

Try your ideas with your child over the next few weeks. Write down any questions as they arise.

在接下来的几周内，与你孩子一起尝试你的想法。写下任何出现的问题。

沿着虚线裁剪并过塑。



1

2

3

4

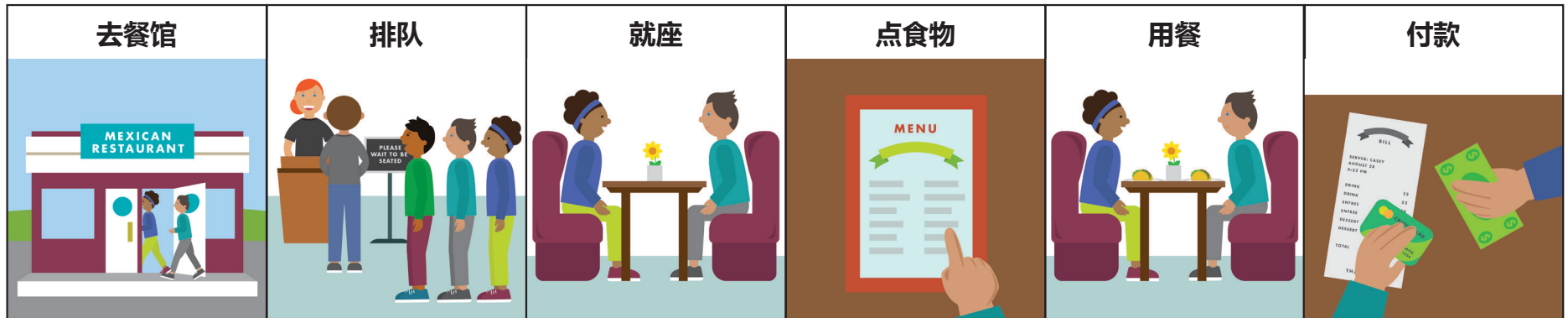
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用餐时间走动视觉条

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在餐馆进餐序列条

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