



# Working Together: Parent Training Classes

The parent training class series provides information and training on topics of interest to parents. These classes discuss evidence-based instructional strategies and effective strategies for parents to use at home with their children. Skills addressed include communication, play and social, behavioral, and self-management. All classes in the series use lecture, demonstration, video, and discussion to present the information. The sessions are designed as a series, but it is not necessary to attend all sessions to benefit from these classes.

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## **Session 1 - First Step: Identifying Strategies That Work**

This session presents the importance of using evidence-based practices when teaching children with ASD and other developmental disabilities. An overview of these strategies is outlined through discussion and video examples.

## **Session 2 - Why Does My Kid Do That? Answering the Whys with Behavioral Principles**

It's important for parents to understand and effectively use behavioral principles to increase desired behaviors. This session defines commonly used behavioral terms and provides a variety of interactions to help families relate these terms to situations at home.

## **Session 3 - Challenging Behavior: Taming the Tantrum**

This session explains the benefits of understanding a child's communication to address challenging behaviors. The session identifies ways to teach and replace challenging behaviors and increase appropriate behaviors. Also included are ideas for creating opportunities to intervene before the challenging behavior occurs.

## **Session 4 - Teaching and Reinforcing Receptive Language Skills**

In this session, families learn the importance of teaching children to understand language. By developing strategies to teach children to understand what others are communicating, parents can increase children's receptive language skills, which will help them respond appropriately to adult requests as well as increase communication skills.

## **Session 5 - Teaching Kids Appropriate Communication and Language Skills**

Understanding the different ways children expressively communicate to others is important to building their language skills. In this session, parents learn to develop strategies and create opportunities for children to increase their verbal and nonverbal communication skills. Also included are methods to respond to children's communication in ways that reinforce communication and increase motivation.

## **Session 6 - Same Stuff, Different Day: Teaching Skills Through Functional Routines**

Teaching routines in early childhood settings is critical for a child's success. This session describes how to break routines down into small steps and target instruction on steps that are difficult for the child. Also included in this section are examples of how to embed skill instruction into daily routines.

## **Session 7 - Visualize It: Using Supports Effectively**

This session outlines ways to design structured, organized, and predictable environments that support children's independence and success. Also included: a discussion of visual schedules, visual supports, and environmental arrangement to teach children important skills and routines.

## **Session 8 - Map It Out: Writing Effective Behavior Support Plans**

Sometimes the best laid plans and a proactive approach aren't enough to address challenging behavior. This session provides a road map for creating more complex behavioral support plans to address significant and persistent challenging behavior.

## **Session 9 - The Fun Part: Fostering Play and Social Skills**

This session discusses the importance of teaching play and social skills. Topics discussed include sharing and turn-taking through natural play opportunities. Employ strategies such as prompting, imitation, cooperative play, and play commands to increase children's play and social skills.

## **Session 10 - Overcoming Mealtime Challenges**

In this session, families learn to practice the strategies presented throughout this series and apply them to common mealtime challenges. Learn specific ways to address both overeating and food pickiness.

## **Session 11 - The Small Stuff: Mastering Fine Motor Skills**

This session presents ways to identify areas where children might have difficulty performing skills due to poor fine motor control. Included are practical ways to improve children's writing, cutting, drawing, and dressing skills.

## **Session 12 - Bathroom Break: Tools for Toilet Training**

In this session, parents learn to understand and address toilet training issues. By using routines and motivation, families can support their children's bathroom and personal hygiene skills.