

VIRTUAL "HOW TO..." LEARNING MINI SERIES

Back by popular demand, our next session of our "How to" mini-series will provide the support you need to implement common ABA recommendations and strategies at home. Over the course of three, hour long sessions, our team will focus on breaking down each specific task into teachable steps, providing examples and models, and answering questions, each session building upon the next. To register for one or multiple topics via video-conferencing, contact our Family Service Team at 1-800-666-8555 ext. 1333 or email Autism@handstfhn.ca.

Teach Hand-washing -October 1, 8 & 15 at 11 am and 6 pm

Hand-washing has become a vital component to our health and safety in day to day life. Some children may struggle with completing this task independently or at all. This mini-series will aid caregivers in methods to help teach their children steps to effective hand-washing. These methods include how to set up space for success, how to prompt and follow through with the steps, and how to analyze and adapt for optimal learning.

Teach Toilet Training- October 22, 29 & November 5 at 11 am and 6 pm

Toilet training is an important step in personal independence, it socially opens up opportunities to interact with others and it benefits caregivers in many ways. In this three-part series, caregivers will learn how to create a toileting plan, how to use strategies to help toilet train their child, and how to increase their child's independence.

Enhance Bedtime Routines - November 12, 19 & 26 at 11 am & 6 pm

While sleep is a very important aspect of our lives, sometimes getting to sleep or staying a sleep can be a challenge. If you struggle to get your child to sleep at night, want to increase independent sleep habits, and want to develop successful bedtime routines, this learning series is for you. This 3-part mini series will work through how to determine steps for an effective bedtime routine, how to implement these steps and how to evaluate the success. This how-to learning series will assist caregivers in establishing an effective bedtime routine.

Teach Laundry Skills- December 3, 10 & 17 at 11 am & 6 pm

The ability to do laundry independently is an important skill in developing independence. It creates a sense of accomplishment and provides an added sense of responsibility. In this three-part series, caregivers will learn to implement a variety of strategies to help their child learn to do laundry.

Call

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additional information**

