

AUTISM SERVICES INTRODUCES

VIRTUAL "HOW TO..." LEARNING SERIES

OFFERED IN BOTH ENGLISH AND FRENCH

Strategies to aid communication and help minimize challenging behaviours are often recommended by professionals, but many parents find themselves unsure how to implement these at home. Our "How to" series will support caregivers implement common recommendations, such as first-then, visual schedules and token boards, at home. Each week our team will focus on a different strategy by breaking it down into steps, providing examples and models, and answering your questions.

Contact our Family Service Team to register and receive the link to attend one or all of these learning opportunities through secure video conferencing

Reinforcement - January 7th at 11 am & 6 pm

Reinforcement is recommended as a strategy to increase desired behaviours. In this session, caregivers will learn how to assess motivation, determine potential reinforcers and use reinforcement strategies appropriately

Giving Instructions and Prompting- January 14th at 11 am & 6 pm

To help teach new skills, prompts and simplified instructions are often recommended. Join the Hands autism team for a session that will focus on helping parents, caregivers, and professionals break down instructions and effectively implement and fade prompts.

First-Then - January 21st at 11 am & 6 pm

First-Then boards are recommended to help with transitions and inform future events. This session will support understanding how to create and use first-then boards correctly

Visual Schedules - January 28th at 11 am & 6 pm

Visual schedules are recommended to help during transitions and/or increase independence. This session will support effectively creating and using these in the home

Token Economy- February 4th at 11 am & 6 pm

Token economy are recommended as a strategy to increase desired behaviours and reduce problem behaviour. This session will outline when to use a token economy, how to utilize this method effectively, how to monitor effectiveness and how to create a token economy.

Using Picture Communication System - February 11th at 11 am & 6 pm

This session intends to provide general tips and tricks for using a variety of previously implemented picture communication tools within home and/or community settings.

Independent Activity Schedule (IAS) - February 16th at 11 am & 6 pm

IAS are recommended to support independence on learned skills (e.g., teaching task initiation and completion). IAS are ideal when parents need their child to complete tasks with little to no adult support. This session will demonstrate how to create and correctly use an IAS.

Monitoring Technology - February 25 at 11 am & 6 pm

Learn ways to aid in reducing screen time, tips and tricks on how to reduce access to devices and safely use specific devices, such as, iPad's/tablets, streaming apps, and gaming system

Call

1-800-668-8555 ext. 1333 or email

**autism@handstfhn.ca to register or
for additional information**

Hands

TheFamilyHelpNetwork.ca



Mains

LeReseaudaideauxfamilles.ca