



# How to make parent training easy

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# What is parent training?

- Process of teaching parent/caregivers how to handle the child's challenging behaviors and how to teach them new skills.
- It helps to ensure that the child is working consistently on the same skills with similar methods across all environments they maybe in such as school, home, therapy clinic, etc.
- Parent training is required by most insurance companies.
- Parent training will help your child's progress if carried out consistently and same techniques are used to teach new skills to your child/client and to decrease any challenging behaviors.



# Benefits of parent training for therapist and parent/caregiver

- Child /individual will generalize skills across all environments and people. For example; when a child is learning to speak, getting them to use words across all environments will increase their verbal skills.
- It will help parent/caregiver build rapport with their child as they learn to deal with any difficult behaviors according to the behavior plan.
- Parent/caregiver will learn to teach new skills as needed after learning new techniques and strategies from BCBA/therapist.
- Parent training will help parent/caregiver gain confidence and gain stimulus control over child/individual/situations. Stimulus control just means that each child/individual has learned which limits and parameters in each environment to test; such as when a regular teacher is there vs. a substitute teacher.

# Parent training starts with listening...

- Listening to a parent/caregiver when you first meet them is always the first step. **Communication is the most important** part in any relationship including parent/caregiver and therapist relationship.
- Listening will help you learn:
  1. What type of communicator parent is - If your parent/caregiver likes a lot of information and you only give them a little it won't help them vs. a parent/caregiver who prefers less communication and if you give them a lot of information, they could get frustrated/annoyed. Parent/caregivers should also tell their therapist how they prefer to be communicated with.
  2. Structure in home environment – This will tell if the home environment is structured or requires more structure and if this is affecting the child's behaviors or learning of skills. A child having nothing to do or tasks that are too difficult to do can be the main cause of difficult behaviors.



## Parent training starts with listening (cont.)

3. Family structure – This will help to figure out who the point person is for therapy and who we should be communicating with most. This will also help you figure out who is most assertive with the child/individual, who is spending most time with child that you will be doing majority of your parent training with.

4. Child's daily schedule – This will help you figure out what the child is doing daily, when and where they require the most help. This will also help you figure out when child will be having therapy.

\*\*\* These 4 areas need to be addressed by both parties (parent/caregiver and therapist for parent training to start off and be successful)



# How to Build Rapport with Parents/Caregivers

1. Listen to what they are telling you and accommodate as needed.
2. Treat them as you would like to be treated!!!!

# Expectations of Parent Training and Therapy

- Expectations/goals should always be talked about so everyone is on the same page before parent training and therapy can begin.
- Set the expectation that you are requiring the parent/caregiver to be involved in therapy but do not expect them to change their whole routine or how they approach difficult behaviors with their child overnight. Everything takes time!
- This is the same for teachers if you are doing therapy in a school, you should be communicating with teachers and show them how to handle that specific child within reason, the teacher cannot stop attending to all other kids just to attend to that one specific child.
- Having reasonable expectations decreases conflict that may arise.



# Simple goals for Parent Training

- Set simple goals with parents and caregivers. If your goals are too complicated or difficult they will not be followed.
- Our company follows 3 simple goals to begin parent training:
  1. Parent/caregiver will withhold their child's access to preferred activities until they complete what they were asked to do.

This is just a compliance goal to help parents set boundaries in their home/community environment and give reinforcement for following directions. Do not expect this to be followed 100% as no one can follow it 100%.





# Simple goals for Parent Training

2. Parent/caregiver will ignore inappropriate behaviors unless dangerous to self or others.

This is the hardest for most parents/caregivers to follow as it is very difficult not to attend to your child. Parent/caregivers are more emotionally connected to the child vs. a therapist who can be more logical, always keep that in mind.

3. Parent/caregiver will prompt appropriate behaviors according to treatment plan.

This goal is to help parents/caregivers prompt the kids to do things on their own vs. doing it for them as they maybe used to doing.

# ABA Alliance Therapy



Our company is based on the concept that a child will succeed more because of a strong therapy team! We encourage all parents and therapists to work together as much as possible to help the child succeed. Our logo is also based on this principle; one person is a therapist and one is a parent/caregiver and together we help the child flourish in a nurturing and fun environment.



Thanks for taking the time today to include  
this is your day!