WEBVTT

1 "Michelle sanko" (372094208)
00:00:05.034 --> 00:00:17.874
Hi, all and welcome. Thank you for calling into signals awareness
series. My name's Michelle, and I'm a care manager here at the autism
team due to the format of this call your line will remain muted
throughout the entirety of the seminar.

2 "Michelle sanko" (372094208)
00:00:17.874 --> 00:00:30.564
But any questions received throughout the presentation will be through
the Webex platform and we will be answering those at the present
presenters discretion. But we will have time at the end as well for
question and answer.

3 "Michelle sanko" (372094208)
00:00:31.104 --> 00:00:34.584
And then just so you all know 2, there will be an option at the end to
complete.

4 "Michelle sanko" (372094208)
00:00:35.184 --> 00:00:42.834
Short survey as well, you can also access today's handout at W. W dot
com.

5 "Michelle sanko" (372094208)
00:00:42.864 --> 00:00:57.654
Backslash autism and scroll to the current topics titled building
healthy routines or else of course, follows along with our Webex
platform. Please note that not all policies cover today's topic for
more specific information.

6 "Michelle sanko" (372094208)
00:00:57.654 --> 00:01:04.644
If your policy covers topics discussed in today's seminar, please
contact the autism team by calling the number on the back of your
insurance card.

7 "Michelle sanko" (372094208)
00:01:05.755 --> 00:01:17.935
Today, I have the pleasure of introducing Kelly majestic Kelly became
a board certified behavior analyst in 2014. she holds 2 teaching
credentials, including early childhood, special education as well as a
master's degree in autism.

8 "Michelle sanko" (372094208)
00:01:17.935 --> 00:01:32.035
Kelly has multiple family members with an autism diagnosis, which is
fostering her passion for working with individuals with autism as well

as their families. In addition. Kelly is a mother of 3 children, and intimately understands the daily challenges that parents face.

9 "Michelle sanko" (372094208)
00:01:32.035 --> 00:01:34.975
She is thrilled to be speaking with. be speaking with

10 "Michelle sanko" (372094208)
00:01:34.980 --> 00:01:39.540
To you all today, so, Kelly, you can take it on over.

11 "Kelly Majestic" (1319595520)
00:01:41.005 --> 00:01:49.165
All right, thank you for that kind of introduction. Like you said, my name is Kelly, and I am a behavior analyst.

12 "Kelly Majestic" (1319595520)
00:01:49.195 --> 00:01:56.455
I'm also a mom, and I think that's the most, probably resonating portion of my bio here for all of you. And that.

13 "Kelly Majestic" (1319595520)
00:01:56.485 --> 00:02:09.535
I even though I am trained to behavior analyst and a special education teacher, I struggle every single day with managing 3 kids at home just like you do and routines are something that I'm trying to improve.

14 "Kelly Majestic" (1319595520)
00:02:09.540 --> 00:02:14.520
In my personal life with all my kids as well. So we can kind of learn together today.

15 "Kelly Majestic" (1319595520)
00:02:14.520 --> 00:02:19.200
Okay, so say, building healthy routines and the importance for it.

16 "Kelly Majestic" (1319595520)
00:02:19.915 --> 00:02:34.285
Next slide Rob's going to be our helper here with next slide. So you'll hear me say that. So, 1st, I'll start off with who we are. Um, we're Kyle, and we are a team of over 800 professionals in the behavioral health field. So, we're composed of behavior analyst such as myself.

17 "Kelly Majestic" (1319595520)
00:02:34.285 --> 00:02:38.185
We also have program supervisors who are people who are. are

18 "Kelly Majestic" (1319595520)
00:02:39.000 --> 00:02:50.665

Training to become behavior, analyst behavior therapist, who are the
technicians that go out and work with our families and clients. And
then we also have a large admin team to support with behind the scenes
work.

19 "Kelly Majestic" (1319595520)
00:02:51.115 --> 00:02:58.885
We provide ABA therapy, which is applied behavior analysis and we do
that in the home in some centers and then through telehealth.

20 "Kelly Majestic" (1319595520)
00:02:59.190 --> 00:03:10.620
We also have a large portion of parent training because we know that
without you learning and caregiver learning our kids can't generalize
those skills and continue to be successful.

21 "Kelly Majestic" (1319595520)
00:03:10.620 --> 00:03:16.350
We also do behavior consultations and we work with schools and
communities, shadow support as well.

22 "Kelly Majestic" (1319595520)
00:03:17.215 --> 00:03:31.405
Okay, next slide. Um, currently we serve over 10 different states
across the US in different metropolitan areas. If you check out our
website, you can see exactly where we are.

23 "Kelly Majestic" (1319595520)
00:03:31.405 --> 00:03:35.125
We may be in an area close to you or coming to an area close to them.

24 "Kelly Majestic" (1319595520)
00:03:36.805 --> 00:03:43.345
Next slide. Okay, so what you're here for daily living routine.

25 "Kelly Majestic" (1319595520)
00:03:43.345 --> 00:03:54.985
So here's just some information we know through research that children
that acquire independents, early in life, have more potential to
thrive and domestic and vocational settings.

26 "Kelly Majestic" (1319595520)
00:03:55.320 --> 00:04:02.940
The gains in daily living skills, predict, decreases in parental
staff, and parents with children who are more self.

27 "Kelly Majestic" (1319595520)
00:04:02.940 --> 00:04:16.435
Efficient had decreased filtering with developmental disabilities will
gain daily living skills over time, but do still have a slower rate

than are typically developing peers. I think that last 1.

28 "Kelly Majestic" (1319595520)
00:04:16.465 --> 00:04:30.835
well, all of these are so important, but that last one's important
too, because we are close with developmental disabilities are going to
learn at a slightly slower rate. So, starting those earlier, and being
consistent is a really great way to get ahead of that and build those
games.

29 "Kelly Majestic" (1319595520)
00:04:32.759 --> 00:04:40.379
Next slide so, today, what we're going to do is talk about creating
and following new team.

30 "Kelly Majestic" (1319595520)
00:04:40.379 --> 00:04:45.149
Using schedules and checklists and then self monitoring system.

31 "Kelly Majestic" (1319595520)
00:04:48.929 --> 00:04:54.299
Okay, next time and following your team, we can go 1 more.

32 "Kelly Majestic" (1319595520)
00:04:56.489 --> 00:05:09.989
Okay, so routines to the rescue so, households that have structure
routines tend to have fewer challenges with transitions between
activities. I know for me, that's when I have my personal parent
meltdown is the transition between activities, because.

33 "Kelly Majestic" (1319595520)
00:05:09.989 --> 00:05:17.279
That's been my routine that I did have is now lost, um, we have less
challenges with compliance.

34 "Kelly Majestic" (1319595520)
00:05:17.279 --> 00:05:30.774
Um, so that following through or agreeing to attack or demand that you
may have placed children being able to entertain themselves, keeping
the household clean and tidy sibling rivalry and argument.

35 "Kelly Majestic" (1319595520)
00:05:30.774 --> 00:05:34.194
That's a huge 1 for me. And then also power struggles.

36 "Kelly Majestic" (1319595520)
00:05:34.769 --> 00:05:45.744
So, I'm currently located in San Diego, and we seldom have a lot of
rain here. So we're, we're very outside community. Everything's
outside driven in the past few weeks.

37 "Kelly Majestic" (1319595520)
00:05:45.774 --> 00:05:53.424
We have just been hit with rainstorm after rainstorm and there's
really not much to do here indoors and my.

38 "Kelly Majestic" (1319595520)
00:05:53.994 --> 00:06:07.194
Afternoon routine is typically taking my kids bike riding or somewhere
outside, and all of that has been thrown out the window due to these
rainstorms and all of these bulleted points here has become a huge
challenge for me and my family.

39 "Kelly Majestic" (1319595520)
00:06:07.194 --> 00:06:20.664
So that sibling rivalry, we have no routine. My kids are cooped up in
our tiny house and are going bananas. And my routine is just totally
thrown off which those they're routine totally off. And that throws
the dynamic of our house.

40 "Kelly Majestic" (1319595520)
00:06:20.664 --> 00:06:23.154
And the fluidity of our house off and so.

41 "Kelly Majestic" (1319595520)
00:06:23.759 --> 00:06:36.329
How to quickly start thinking like, okay, I need to get a routine
going for this indoor play, and it just proves to me how important
these routines are in our daily life. So, if you're feeling a little
out of out of balance.

42 "Kelly Majestic" (1319595520)
00:06:36.329 --> 00:06:41.909
It may be that you're missing a routine and it is time to develop a
new routine.

43 "Kelly Majestic" (1319595520)
00:06:41.909 --> 00:06:46.139
Inside your house okay we can switch to the next line.

44 "Kelly Majestic" (1319595520)
00:06:51.294 --> 00:07:06.204
Okay, I just want to make sure I'm not missing. Okay. And if you have
a question or just put it in, and we can answer along the way. So, the
benefits of routines, they help create, predictability, regularity,
security, responsibility and cooperation.

45 "Kelly Majestic" (1319595520)
00:07:06.234 --> 00:07:21.204
So, knowing what to expect, and when to expect it helps kids feel safe

and help them move through their day much easier. The comfort that comes with an established routine helps all family members, relieve that stress and anxiety and.

46 "Kelly Majestic" (1319595520)
00:07:21.209 --> 00:07:23.879
Presents that calm and familiarity.

47 "Kelly Majestic" (1319595520)
00:07:25.374 --> 00:07:34.734
Routines also deeply help children not feel as though they are kind of being pushed or boss throughout their day. It gives them a sense of control over their day to day activities.

48 "Kelly Majestic" (1319595520)
00:07:34.734 --> 00:07:40.704
And I sent the choice to participate in the activities of throughout the day, too.

49 "Kelly Majestic" (1319595520)
00:07:41.549 --> 00:07:55.944
I think about like, if you were to wake, if you were to go to bed tonight and not have any clue what tomorrow would bring you, you know, I know there are lots of uncertainties but generally you have some idea. You know, you're going to wake up, you're gonna get breakfast ready, you're gonna get your kids ready.

50 "Kelly Majestic" (1319595520)
00:07:55.944 --> 00:08:06.114
You're going to get them off to school or get them ready for home school or daycare, or their babysitter or whatever. It may be. If you had no idea what that plan was going to bed.

51 "Kelly Majestic" (1319595520)
00:08:06.419 --> 00:08:19.824
For me would be incredibly stressful, but then waking up, I would be just riddled with anxiety and I would probably have a really bad temper that day too, because that anxiety for me presents itself and just like that.

52 "Kelly Majestic" (1319595520)
00:08:20.574 --> 00:08:22.344
And so I think if you.

53 "Kelly Majestic" (1319595520)
00:08:22.884 --> 00:08:34.314
Think about the importance of routines in your life and knowing what's coming and knowing what's expected of you and how much that reduces your anxiety and allows you to move throughout your day more successful.

54 "Kelly Majestic" (1319595520)
00:08:34.584 --> 00:08:39.324
That's exactly what happens for our kids, and we really should be
thinking of it in that manner.

55 "Kelly Majestic" (1319595520)
00:08:39.659 --> 00:08:47.279
So, even like a simple calender can be helpful, but we're going to
have lots of examples that I can show regarding this as well.

56 "Kelly Majestic" (1319595520)
00:08:47.279 --> 00:08:54.539
Okay, next slide using check lists and schedules. Excellent.

57 "Kelly Majestic" (1319595520)
00:08:54.539 --> 00:09:08.189
The 1st step is, how do you set up a routine at home? So you want to
think about what are the activities that you need to get done, or want
to get done? What are the time blocks in which.

58 "Kelly Majestic" (1319595520)
00:09:08.189 --> 00:09:22.134
It's essential for these to be done, um, create a visual schedule so
that you and your child can see that and we'll talk about how to
identify which type of scheduled most important for your child and
explain and teach the schedule to your child as well.

59 "Kelly Majestic" (1319595520)
00:09:22.134 --> 00:09:28.884
So you do there is definitely an element of teaching and reinforcement
that comes within this as well.

60 "Kelly Majestic" (1319595520)
00:09:30.834 --> 00:09:42.444
Okay, next month. So how do you identify the activities? Well, what's
most important to your child and family and on which days? You know,
there's all sorts of things that domains that you can be thinking
about.

61 "Kelly Majestic" (1319595520)
00:09:42.444 --> 00:09:56.724
So, we have the academic side if you're home schooling, you have a lot
more routine planning than others but, you know, during covid and the
lockdowns, that was essential for all of us to be home schooling,
working parenting, everything under the sun.

62 "Kelly Majestic" (1319595520)
00:09:57.084 --> 00:10:00.444
And so, but now, if you are back into a regular school year.

63 "Kelly Majestic" (1319595520)
00:10:00.599 --> 00:10:15.084
Still have that before school after school and so you have to get done
academics, you want some self help and some chores to be developed
outdoor time family activities, individual activities that 1 on 1. and
then also just some free time.

64 "Kelly Majestic" (1319595520)
00:10:15.084 --> 00:10:21.534
I think it's so important to remember at the end of the day our kids
are kids, and we want them to have free time and just.

65 "Kelly Majestic" (1319595520)
00:10:21.809 --> 00:10:26.639
And do what they need to do, but often times we really need to
structure that as well.

66 "Kelly Majestic" (1319595520)
00:10:28.319 --> 00:10:33.869
Okay, next slide. Um, so.

67 "Kelly Majestic" (1319595520)
00:10:33.869 --> 00:10:39.089
Within activities, you may also need to develop routines.

68 "Kelly Majestic" (1319595520)
00:10:39.089 --> 00:10:54.054
For that activity within your overall routine and so you need to
brainstorm what are some options of setting the table that has the
routine to it happiness snack as a routine or maybe you've heard the
word task analysis before it's basically a step by step instruction

69 "Kelly Majestic" (1319595520)
00:10:54.414 --> 00:11:03.414
making the bed washing hands, brushing teeth, these all have a lot of
components to them and sometimes just saying, go brush your teeth.

70 "Kelly Majestic" (1319595520)
00:11:04.739 --> 00:11:17.489
Is too much we have to break that down into its own little routine and
step by step to help our kiddos out. I know. There's no way. I could
just tell my daughter to go brush your teeth and her be successful. I
would need to help. Do that as well?

71 "Kelly Majestic" (1319595520)
00:11:17.489 --> 00:11:23.039
And then I also will talk about.

72 "Kelly Majestic" (1319595520)

00:11:23.039 --> 00:11:34.679
Building in reinforcement among these, we'll get to that too, but I
just I always see this putting on some screen. I am, we're in San
Diego so I am a big sunscreens and audit and.

73 "Kelly Majestic" (1319595520)
00:11:34.944 --> 00:11:46.614
There's a lot of pushback from my kids with sunscreen, but my
daughter, she loves sunscreen. She loves to just read in motion and so
to make the routine a little bit easier, she knows that I put this on
screen on her.

74 "Kelly Majestic" (1319595520)
00:11:46.614 --> 00:11:56.124
And as long as she stays still, and, you know, let me do it at the
end, I'll give her a phone screen and she can over apply as much as
she wants to wherever she wants. So, she knows that comes at the end.

75 "Kelly Majestic" (1319595520)
00:11:56.154 --> 00:12:03.864
So, building in that reinforcement throughout your routine is
essential to keep their buy in to and for them to feel excited about
it as well.

76 "Kelly Majestic" (1319595520)
00:12:04.199 --> 00:12:08.459
And we'll talk about that a little bit more too. Okay next slide.

77 "Kelly Majestic" (1319595520)
00:12:11.009 --> 00:12:23.819
So, the next thing is then identify the time blocks that work well,
for you and your child, your child up for success. That's really
important. So, the 1st thing to think about is how long can your child
attend to an activity without.

78 "Kelly Majestic" (1319595520)
00:12:23.819 --> 00:12:38.339
Supervision maybe that's 1 minute. Right? And so if that's the case,
you should expect that your child does that task without supervision
for maybe 45 seconds we want to set them up for success. Don't start
with 3 minutes.

79 "Kelly Majestic" (1319595520)
00:12:39.084 --> 00:12:48.924
And know that you're going to be unsuccessful so you may need to just
kind of take some baseline data, just get a sense at a time. Or, like,
are you play with your logos or your blocks for 2 minutes?

80 "Kelly Majestic" (1319595520)
00:12:49.254 --> 00:12:54.864

I'm going to have you do this for a minute and a half alone and then
I'll jump in for the last minute or whatnot.

81 "Kelly Majestic" (1319595520)
00:12:55.169 --> 00:13:05.309
How long are they typically expected to remain on top at school is
also really important. So if you're doing academics at home.

82 "Kelly Majestic" (1319595520)
00:13:05.309 --> 00:13:17.369
Don't expect the 15 minute if at school, they're really only aiming
for 10 minutes or whatnot, or you can use your routine at home to help
build up to what the expectation may be at school.

83 "Kelly Majestic" (1319595520)
00:13:17.369 --> 00:13:26.759
And then are the time blocks for each activity realistic. So really
thinking that through. I know I would love for my kids independent
play for 2 hours.

84 "Kelly Majestic" (1319595520)
00:13:26.759 --> 00:13:37.409
Not realistic and especially when there's multiple and so just
knowing, what are your expectations realistic and achievable for your
kid.

85 "Kelly Majestic" (1319595520)
00:13:38.394 --> 00:13:52.824
Okay, next slide. So identifying motivators, this, if there's like, 1
thing you take away from today, I think this is the most important is
to just always remember you need to identify a motivator really for
anything that you're going to be doing for your kids.

86 "Kelly Majestic" (1319595520)
00:13:53.574 --> 00:14:07.404
But, like, what's in it for your child? Right? And so, yes, this is
going to give you a lot of sanity, having this routine. But what are
they going to get that? We can get them motivated and start it? So, it
may be a tangible reinforced for, for completing.

87 "Kelly Majestic" (1319595520)
00:14:07.409 --> 00:14:08.189
Attack.

88 "Kelly Majestic" (1319595520)
00:14:08.189 --> 00:14:13.409
Um, for example, if you.

89 "Kelly Majestic" (1319595520)
00:14:14.064 --> 00:14:28.014

It may be access to a toy. It may be you complete your homework and you're gonna get after school snack that may include a cookie. And so it's something that you planned on giving your child anyway, but you're going to give it after a task.

90 "Kelly Majestic" (1319595520)
00:14:28.014 --> 00:14:36.834
So that they can be really successful preferred activities, follow a non preferred activity, complete your math, your reading amount of selling and then you can get screen time.

91 "Kelly Majestic" (1319595520)
00:14:37.494 --> 00:14:43.314
The way I like to think about motivators is I wake up every day and I come to my job.

92 "Kelly Majestic" (1319595520)
00:14:43.409 --> 00:14:58.284
1, because I really enjoy my job. It makes me feel good and I like it. But also too, I do get a paycheck. And so I do choose to take time away from my kids to go to work because I need a paycheck to help support them.

93 "Kelly Majestic" (1319595520)
00:14:58.644 --> 00:15:13.404
And so all of us have this motivator that gets us doing what we need to do. Right? And so many of us a paycheck many of us, it's, you know, the gratitude of having our kids and the love, they give us and whatnot. But but there's motivators.

94 "Kelly Majestic" (1319595520)
00:15:13.409 --> 00:15:18.779
That come with it, and we need to make sure that our kiddos have these motivators to.

95 "Kelly Majestic" (1319595520)
00:15:22.074 --> 00:15:36.594
When you're thinking about, motivators, to be realistic in, like, what are the expectations to get the reinforcer? Do they need to be complete? The entire thing? 100% independently can they have a little support? Is it every single time 90% of the time?

96 "Kelly Majestic" (1319595520)
00:15:36.594 --> 00:15:48.774
Do we need to start smaller to get that reinforcement and build up? I know I am not in favor of, you know, getting an edible every time, but when my son was too, he bit everyone. he bit everyone

97 "Kelly Majestic" (1319595520)
00:15:49.164 --> 00:16:01.884

I took anything that he wanted. Right? That was just go to it got him what he wanted to see because I know he would bite you. He got his logo and so I sent ended up having 3 cavities and I knew exactly when the dentist said that why?

98 "Kelly Majestic" (1319595520)
00:16:01.884 --> 00:16:08.334
And it was because I gave him a package every day that he didn't invite someone at school. And while it cringed in my.

99 "Kelly Majestic" (1319595520)
00:16:08.819 --> 00:16:13.529
Cool because I knew I was giving him these gummies sticking to his teeth.

100 "Kelly Majestic" (1319595520)
00:16:14.034 --> 00:16:25.074
I was going to not fighting a kid was more reinforcing to me and him developing that routine and then potentially go into the dentist for the cavities. And then I slowly faded out the gummies that he got them.

101 "Kelly Majestic" (1319595520)
00:16:25.134 --> 00:16:31.704
So, you know, the reinforcer is so powerful, and the extent to which you give it is also so powerful.

102 "Kelly Majestic" (1319595520)
00:16:32.069 --> 00:16:42.029
It's going to read the chat for a 2nd, it looks like someone just a question about how do we handle when something unexpected happens and disrupts the schedule.

103 "Kelly Majestic" (1319595520)
00:16:42.029 --> 00:16:48.089
Great question. I think that happens probably every day multiple times a day.

104 "Kelly Majestic" (1319595520)
00:16:50.399 --> 00:16:53.844
It can be something as big as covid right?

105 "Kelly Majestic" (1319595520)
00:16:53.844 --> 00:17:08.484
That stopped every schedule on earth and all of us, I think we're riddled with anxiety and and you had to just take a minute and really think through, like, okay, like, everything we know about the window. How are we going to regroup? Right?

106 "Kelly Majestic" (1319595520)

00:17:08.484 --> 00:17:19.944
And so it may be just completely stopping and scrapping it and
starting over creating a new routine that is going to reset and make
your family be successful for the present.

107 "Kelly Majestic" (1319595520)
00:17:20.399 --> 00:17:24.899
When that disruption came, it may be someone.

108 "Kelly Majestic" (1319595520)
00:17:24.899 --> 00:17:37.524
Something much less than much less grand someone knocking on the door.
You know I know there's some nights where I'm just finally got my 3
kids at the table. We're finally settled everyone's no longer
screaming and we're about to eat.

109 "Kelly Majestic" (1319595520)
00:17:37.554 --> 00:17:49.194
They are so hungry, 10 minutes too long. And a friend down the street
suddenly knocks at the door and just walked in and chaos goes. And I
know the dinner is going to be freezing cold in 10 minutes. And.

110 "Kelly Majestic" (1319595520)
00:17:50.009 --> 00:17:53.369
I don't I'm not very successful in those moments.

111 "Kelly Majestic" (1319595520)
00:17:53.369 --> 00:17:56.999
Because I'm human, but I think what we all need to do is.

112 "Kelly Majestic" (1319595520)
00:17:56.999 --> 00:18:04.799
Really stuck, except that disruption. So column ourselves down, except
for the disruption model for our kids.

113 "Kelly Majestic" (1319595520)
00:18:04.799 --> 00:18:13.079
How do we want to get through a description? Okay we're going to
expect it. We're gonna stay calm. We're gonna think and we're going to
regroup and we're gonna adjust through teams through it.

114 "Kelly Majestic" (1319595520)
00:18:13.079 --> 00:18:27.959
It says easy saying that I can tell you right. Firsthand that. Like,
I'm not very successful at that, but I think we just have to plan that
your schedule's going to be disrupted. You're going to be late because
your other kid had a.

115 "Kelly Majestic" (1319595520)
00:18:27.959 --> 00:18:37.589

Diaper change that happened and you're gonna be stuck in traffic and what not and so the instructions are going to come and it just means readjusting.

116 "Kelly Majestic" (1319595520)
00:18:37.589 --> 00:18:40.649
But that's a really great great question.

117 "Kelly Majestic" (1319595520)
00:18:42.869 --> 00:18:46.019
Okay, um, next slide.

118 "Kelly Majestic" (1319595520)
00:18:49.229 --> 00:19:02.249
Sorry okay. Um, so a visual schedule this is, I think, essential to you, you have to have some sort of visual schedule I have it every day. Like, if I did not have my Google Calendar, forget it.

119 "Kelly Majestic" (1319595520)
00:19:03.024 --> 00:19:15.204
Certainly going to lose my job quickly, because there's just no way I would remember what to do. And so my kiddos need a visual schedule too and there's lots of different ways. You can do a visual schedule and I added in a lot of examples.

120 "Kelly Majestic" (1319595520)
00:19:15.234 --> 00:19:28.074
So, I hope the next few slides are really visually helpful for you so you can have a picture form, you can have a written form, and you can have an object form when you're trying to decide what form your schedule is in.

121 "Kelly Majestic" (1319595520)
00:19:28.254 --> 00:19:32.184
You need to think about 2 things, the age of your kiddo and.

122 "Kelly Majestic" (1319595520)
00:19:32.249 --> 00:19:39.929
Functioning level of your kiddo and so some kids may need to start off with an object schedule a physical.

123 "Kelly Majestic" (1319595520)
00:19:39.929 --> 00:19:48.419
You know, and we are gonna have bathroom time, and then it can gradually change. You may pair the visual picture of a diaper.

124 "Kelly Majestic" (1319595520)
00:19:48.419 --> 00:19:53.609
The item of value for with a picture of a diaper and fully fade into a picture schedule.

125 "Kelly Majestic" (1319595520)
00:19:54.624 --> 00:20:08.604
On top of deciding what type of schedule is important for your kid you
also need to think about where are you going to display it? So where
are your kiddos going to see the schedule? Where are you going to see
the schedule? So that everyone's successful and actually following the
schedule.

126 "Kelly Majestic" (1319595520)
00:20:10.014 --> 00:20:20.634
Next slide once you create the schedule, you do have to explain and
don't just assume that our kiddos are going to get that right away.

127 "Kelly Majestic" (1319595520)
00:20:20.694 --> 00:20:34.044
Some might, because they may be familiar with this, a school or
elsewhere and then, but others are going to need to be taught it also
need to explain each step activity and the rules that comes to it,
what's going to happen at the end?

128 "Kelly Majestic" (1319595520)
00:20:34.044 --> 00:20:38.784
Do you want them involved in pulling the item off the schedule and
putting it into like, all sandbox?

129 "Kelly Majestic" (1319595520)
00:20:38.939 --> 00:20:49.949
Do you want them to mark it off with their pen? That is that it's done
do you want them to put their item away? So how do you conclude the
activity to move on to the next item?

130 "Kelly Majestic" (1319595520)
00:20:49.949 --> 00:21:01.799
You want to explain each step and the rules do you want to give prompt
reinforcement upon completion and remembering? Like, what are you
considering as completions? Does it need to be independent or with
some support?

131 "Kelly Majestic" (1319595520)
00:21:01.799 --> 00:21:05.969
And then teach self monitoring for the child.

132 "Kelly Majestic" (1319595520)
00:21:05.969 --> 00:21:20.009
Should be involved in some level of self monitoring to feel that buy
in and ownership over this task, and then always reinforce following
the schedule. So I'm going to show a few examples. Now you can go to
the next slide.

133 "Kelly Majestic" (1319595520)
00:21:20.009 --> 00:21:27.779
This 1st, 1, here is an object schedule so this is great for our, um,
learners to maybe, um.

134 "Kelly Majestic" (1319595520)
00:21:28.734 --> 00:21:41.784
Need a little extra support visual is not going to quite cut it. And
once you see that tangible item younger, a little bit lower
functioning, this is really successful. So you have a lunch and snack?
Well, you know, we're going to use a spoon for that.

135 "Kelly Majestic" (1319595520)
00:21:41.784 --> 00:21:52.074
So, actually, physically taping the soon onto the schedule, a diaper
for bathroom. We're going to color work outside. We're going to play
with our ball. So the physical item is shot to this.

136 "Kelly Majestic" (1319595520)
00:21:52.649 --> 00:21:59.399
Again, you can start with this, but you can pair a picture of it next
to it and slowly fade out the physical item.

137 "Kelly Majestic" (1319595520)
00:22:00.504 --> 00:22:03.444
We can go to the next slide here.

138 "Kelly Majestic" (1319595520)
00:22:03.444 --> 00:22:15.714
We have a another visual schedule and so this is which many of you may
be familiar with you may not but it's, it's basically a very basic
picture showing you the order of activities.

139 "Kelly Majestic" (1319595520)
00:22:15.714 --> 00:22:29.274
And I think here we have time, and then writing outside, play snack
and so it's just a picture of the entire routine. This our team may be
overwhelming for some people because there's a lot of stuff on that.
Do you mean.

140 "Kelly Majestic" (1319595520)
00:22:29.399 --> 00:22:35.279
Start off with, like, 4 and then, okay, we'll create our next schedule
and 4 more to get you through your whole day.

141 "Kelly Majestic" (1319595520)
00:22:35.279 --> 00:22:42.899
Okay, the next 1 here we have some kind of more like.

142 "Kelly Majestic" (1319595520)

00:22:42.899 --> 00:22:56.249
Time based schedules, in a sense. So you have your morning what we're going to do in the morning going across what we're going to do in our afternoon and what we're going to do in our evening. And then some also, have it just separated completely by this morning and night.

143 "Kelly Majestic" (1319595520)
00:22:58.259 --> 00:23:05.309
Okay next, here's something that's great for our learners that are.

144 "Kelly Majestic" (1319595520)
00:23:05.309 --> 00:23:12.119
Starting to develop a sense of time and learning time, you can add actual time to it.

145 "Kelly Majestic" (1319595520)
00:23:12.119 --> 00:23:18.749
And then eventually you can get rid of the image of the clock. You can get rid of, um.

146 "Kelly Majestic" (1319595520)
00:23:18.749 --> 00:23:21.899
For the digital form, and you can use 1 or the other.

147 "Kelly Majestic" (1319595520)
00:23:23.339 --> 00:23:37.434
Pay the next 1, for our older learner, you can simply write out the word, especially if they're learning to read, they can write out the word. And here, we have a planner I love the planner. I think it just gives the sense of autonomy.

148 "Kelly Majestic" (1319595520)
00:23:37.434 --> 00:23:46.314
A sense of independence control and but it doesn't have to be fancy. So you can see it can be very.

149 "Kelly Majestic" (1319595520)
00:23:46.914 --> 00:24:01.194
Very basic and a checkoff and this may be something that they use throughout the day and then they may have more scheduled at home better, even more detailed. So it can be a combination of different types of visual scheduled the 1 on the left the white board.

150 "Kelly Majestic" (1319595520)
00:24:01.554 --> 00:24:16.374
I love this, because it's just simple. We have a whiteboard on a refrigerator that visual schedule for me, and my husband, but also we just pull that off and I'll use it for my kids. And sometimes I'll draw a picture or whatnot on there. So, it can be something very, very low tech.

151 "Kelly Majestic" (1319595520)
00:24:16.649 --> 00:24:19.109
You don't have to, um.

152 "Kelly Majestic" (1319595520)
00:24:19.109 --> 00:24:28.109
Invest a lot into this. You certainly can. The other thing I know
cutting out the pictures you may be like, I have to cut off those
pictures and paste them on, like.

153 "Kelly Majestic" (1319595520)
00:24:28.109 --> 00:24:40.349
If you can take some time and do it upfront, get the pictures of
Velcro create 1 or 2 boards it does take time. There is effort in that
but if you can make that and laminate it.

154 "Kelly Majestic" (1319595520)
00:24:40.349 --> 00:24:48.689
You can use it for a very long time and it can really be successful.
And if you have multiple kids, they last a while through, through all
your kids to.

155 "Kelly Majestic" (1319595520)
00:24:49.194 --> 00:25:02.034
Okay, we can move on this last 1. I really I have 2 more, but this,
this 1 here I really like, because it just shows you how low tech you
can go, right? Like, you can be sitting there and just like, I need a
schedule.

156 "Kelly Majestic" (1319595520)
00:25:02.034 --> 00:25:06.384
Suddenly you feel this is maybe a great answer to that previous
question. There's a disruption.

157 "Kelly Majestic" (1319595520)
00:25:06.689 --> 00:25:17.249
We have to scrap the whole entire plan. Okay. We need to create a new
1. it can be very low tack like, just pull out a piece of paper, get
your marker that's sitting by you and create your new plan, right?
Like that.

158 "Kelly Majestic" (1319595520)
00:25:17.249 --> 00:25:26.189
Move on, okay. And it can be something very simple like this. So just.

159 "Kelly Majestic" (1319595520)
00:25:26.189 --> 00:25:33.929
Seeing highlights can start from the object to the written out form
with just the check mark, making sure it's age appropriate and

developmentally appropriate.

160 "Kelly Majestic" (1319595520)
00:25:33.929 --> 00:25:40.349
Okay, next slide now we're going to talk about self monitoring tools
and the importance of this.

161 "Kelly Majestic" (1319595520)
00:25:43.014 --> 00:25:57.084
So, the benefits of this, it builds independence and accountability
for your own behavior, and it increases participation in designing the
own behavior management program. So you'd get that buy in that you
want and it promotes generalization of skills.

162 "Kelly Majestic" (1319595520)
00:25:58.589 --> 00:26:06.299
Okay, so the components to a self monitoring system, you want to
identify the target behavior to monitor.

163 "Kelly Majestic" (1319595520)
00:26:06.299 --> 00:26:09.359
You want it, so for my son, when he was 2, it was.

164 "Kelly Majestic" (1319595520)
00:26:09.359 --> 00:26:18.174
Decreasing biting others determine how often the behavior will be
monitored. So, are you going to look at this every single day? At the
end of the day?

165 "Kelly Majestic" (1319595520)
00:26:18.444 --> 00:26:25.584
Is it going to be every instance of throughout the day, and then gain
buy in from the child to implement the plan?

166 "Kelly Majestic" (1319595520)
00:26:25.919 --> 00:26:30.509
And we'll talk about that. Okay, so here's an example in the next
slide.

167 "Kelly Majestic" (1319595520)
00:26:30.954 --> 00:26:41.964
My own self monitoring checklist. This is something very basic that if
you do apply behavior analysis ACA, services at home, you can ask your
BC, like, hey, do you have a self checklist? Can we create 1?

168 "Kelly Majestic" (1319595520)
00:26:42.204 --> 00:26:56.754
There's collateral all over the Internet that you can find that you
can buy 1 for a dollar on that. So you can get them free just on
Google, but you can also talk to your behavior analyst to help with a

checklist as well. So, here you can see, you can pick the different tasks are the behaviors.

169 "Kelly Majestic" (1319595520)
00:26:56.754 --> 00:27:00.024
Excuse me that you want to focus on add them into the checklist.

170 "Kelly Majestic" (1319595520)
00:27:00.509 --> 00:27:14.069
Simple monitoring checklist. It may be during recess time. Did I do this? Or during play with my friends on Saturday at the park did I keep my hands to myself? And you may check it every 15 minutes or maybe at the end of the day like.

171 "Kelly Majestic" (1319595520)
00:27:14.069 --> 00:27:18.179
Today, did I not hit my sister with my new Christmas toys.

172 "Kelly Majestic" (1319595520)
00:27:18.179 --> 00:27:25.919
Check and whatnot I like to bring in my real life example. Um, okay next slide.

173 "Kelly Majestic" (1319595520)
00:27:26.454 --> 00:27:39.654
It's just, um, so the benefits to the behavior contract, they provide clearly defined rules and consequences for the behavior you're setting your kids up for success by telling them exactly what you're looking for and exactly what's going to happen.

174 "Kelly Majestic" (1319595520)
00:27:39.654 --> 00:27:53.904
If it's not following, it increases accountability to engage in appropriate behavior. Right? And so we're, we're saying these are, we're making it very clear, the rules and expectations, and you are going to check it off yourself.

175 "Kelly Majestic" (1319595520)
00:27:53.934 --> 00:27:55.824
So you're gonna be monitoring that and.

176 "Kelly Majestic" (1319595520)
00:27:55.919 --> 00:27:57.359
Pointing out on it.

177 "Kelly Majestic" (1319595520)
00:27:57.359 --> 00:28:02.549
And it allows parents teachers and the child to all work together towards a mutual goal.

178 "Kelly Majestic" (1319595520)
00:28:04.254 --> 00:28:18.534
Okay, next fine. So things to just remember like, what are you working
for? What is your child working for? Make that clearly defined? What
do you agree to do? So, my son will pick outlandish reinforce.

179 "Kelly Majestic" (1319595520)
00:28:18.534 --> 00:28:19.734
There's I don't agree to that.

180 "Kelly Majestic" (1319595520)
00:28:19.764 --> 00:28:34.074
So you need to agree what do you agree is going to be the
reinforcement they follow or what do you agree is going to be the
consequence and often, you know, sometimes you may want to ask, like,
what do you think should happen if you don't do X Y or Z.

181 "Kelly Majestic" (1319595520)
00:28:34.139 --> 00:28:39.689
Other times you can't ask and we need to just make it very clear. This
is what will happen.

182 "Kelly Majestic" (1319595520)
00:28:39.689 --> 00:28:52.649
Can they earn privileges and, like I talked about, what are the
consequences for not following and then oftentimes the most favorite
part of a contract is the signature. So I, I strongly recommend that
it can be just.

183 "Kelly Majestic" (1319595520)
00:28:52.649 --> 00:29:05.724
Struggle with, it can be like a thumbprint I've done in the past, or
it can be like, you create your own fancy signature but that part
really feels the deal and makes the kids feel very invested in this.

184 "Kelly Majestic" (1319595520)
00:29:06.144 --> 00:29:08.604
So don't forget the signature.

185 "Kelly Majestic" (1319595520)
00:29:10.044 --> 00:29:17.274
Okay, next slide. So Here's an example of a behavior contract again.

186 "Kelly Majestic" (1319595520)
00:29:17.274 --> 00:29:29.754
The, um, you can find these really anywhere but what does the behavior
contract look like so, Here's example, I agree to blank for the length
of time for the entire day,

187 "Kelly Majestic" (1319595520)

00:29:29.964 --> 00:29:38.784
or for this 1 activity. And when I do this, I will have extra word.
Maybe it is, I will have.

188 "Kelly Majestic" (1319595520)
00:29:38.909 --> 00:29:51.564
5 minutes to play, without anyone nagging me or 20 minutes about
anyone nagging me or maybe I will get screen time on my iPad for 5
minutes. It has to be something you're comfortable doing.

189 "Kelly Majestic" (1319595520)
00:29:51.984 --> 00:29:57.714
So don't agree to something that makes you cringe unless, you know,
you're going to follow through on that.

190 "Kelly Majestic" (1319595520)
00:29:57.989 --> 00:30:12.749
And then, if I do not follow the agreement, then, you know, I'm going
to lose X, Y, or Z or I don't have the opportunity to do this or I
need to re, complete the task. Whatever it may be that you want to.

191 "Kelly Majestic" (1319595520)
00:30:12.749 --> 00:30:17.609
Ask your kiddo, if you can, so you can get that additional buy in
there as well.

192 "Kelly Majestic" (1319595520)
00:30:17.609 --> 00:30:31.829
And then the signature, and I like that, it shows both here, the
signature of the child, and the adult both signing. This is really
important. Again, this is the part that makes it really fancy and
often gets a lot of that buy in for our kiddos. There too.

193 "Kelly Majestic" (1319595520)
00:30:33.629 --> 00:30:42.479
Okay, and then the next slide and then here's just another example.
And so, um.

194 "Kelly Majestic" (1319595520)
00:30:43.194 --> 00:30:57.234
The task here was to get ready for school, and it was every day and it
says Mark will get out of bed. He will get dressed and finished serial
by 715 each morning. No. More than 1 reminder for mom and dad and must
not.

195 "Kelly Majestic" (1319595520)
00:30:57.774 --> 00:31:09.744
Must be ready, or Mark must be ready for the bus all 5 days together
report. This may not have started off this way. It very well could
have started with Mark is going to brush his teeth. teeth

196 "Kelly Majestic" (1319595520)
00:31:10.049 --> 00:31:21.089
Not get ready for school, which is that 1 simple task of brushing
teeth and it may be like, when was that? Immediately? Following
breakfast right? And so, at this point, this task.

197 "Kelly Majestic" (1319595520)
00:31:21.089 --> 00:31:25.109
This is a lot of tasks built into 1 um.

198 "Kelly Majestic" (1319595520)
00:31:25.374 --> 00:31:39.294
And so you don't expect to be at something this large right? At the
beginning start small make sure we set our kids up for success doing a
behavior contract where, you know, they're not going to be successful.
Is is not a good idea.

199 "Kelly Majestic" (1319595520)
00:31:39.924 --> 00:31:50.694
So make sure when you read it, you're feeling very good that our kids
are going to be successful with it. And it may be that they'll do it
with lots of support and prompting from mom, dad or caregiver.

200 "Kelly Majestic" (1319595520)
00:31:51.474 --> 00:31:55.104
And then here, you can see on the reward side, it says who's going to
give the reward.

201 "Kelly Majestic" (1319595520)
00:31:55.109 --> 00:32:04.709
Mom or dad, what is it going to be? jimmy's staying over and a treat
so it looks like he's going to have a sleep over, which is exciting.
Um.

202 "Kelly Majestic" (1319595520)
00:32:04.709 --> 00:32:19.104
And then Friday night after a perfect week and then how much? So Jimmy
can come home with Mark after school and stay overnight. And the voice
can have a nice pizza and I important. 1, here you need to make sure
jimmy's mom's okay. With this.

203 "Kelly Majestic" (1319595520)
00:32:19.104 --> 00:32:20.604
And that jimmy's mom's okay with.

204 "Kelly Majestic" (1319595520)
00:32:20.849 --> 00:32:28.979
And not coming over too, because if he doesn't have a perfectly this,
you cannot follow through with it or the behavior contract really just

becomes.

205 "Kelly Majestic" (1319595520)
00:32:28.979 --> 00:32:33.599
Invaluable going forward and it won't be successful.

206 "Kelly Majestic" (1319595520)
00:32:33.599 --> 00:32:36.659
The other thing here that's just a.

207 "Kelly Majestic" (1319595520)
00:32:36.659 --> 00:32:46.319
A little nerve racking is that perfect week? That's tough. I know when I try and start from my son to have, like, starts every day for, like.

208 "Kelly Majestic" (1319595520)
00:32:46.434 --> 00:32:58.794
Very challenging task. It's really tough and I feel anxious that I'm setting him up for failure and then not create me 2nd, guessing something. I almost want a waffle those kind of a good day, but like, really? He didn't follow exactly what we said.

209 "Kelly Majestic" (1319595520)
00:32:59.154 --> 00:33:11.664
And so if you're if you think a perfect week is too much to ask, which it may be of anybody you may want to reduce your expectations a little bit with this as well, too. So that's my advice on that.

210 "Kelly Majestic" (1319595520)
00:33:12.204 --> 00:33:16.224
And you can see that signed mom signed and they did it and then they.

211 "Kelly Majestic" (1319595520)
00:33:16.319 --> 00:33:17.549
Talk.

212 "Kelly Majestic" (1319595520)
00:33:17.549 --> 00:33:21.599
Track of their perfect week and it looks like he won that award.

213 "Kelly Majestic" (1319595520)
00:33:23.219 --> 00:33:32.219
I thought I was going to be a little low on time there, but it looks like I, that is my last slide before questions. Um.

214 "Kelly Majestic" (1319595520)
00:33:32.219 --> 00:33:39.659
Does anyone else have any questions that I don't know if I'm missing any so please let me know if I like, I'm missing a question to.

215 "Kelly Majestic" (1319595520)
00:33:45.389 --> 00:33:48.719
See, my.

216 "Kelly Majestic" (1319595520)
00:33:52.529 --> 00:33:59.339
No additional questions I'm trying to think if I can think of a common question that I'm asked with us too.

217 "Kelly Majestic" (1319595520)
00:34:02.729 --> 00:34:12.419
He's had recently I presented on this and I did have someone asks well, what about what about when you need separate routine for.

218 "Kelly Majestic" (1319595520)
00:34:12.419 --> 00:34:19.199
Multiple kids and so I think that's a really great question and it's really challenging. Um.

219 "Kelly Majestic" (1319595520)
00:34:20.994 --> 00:34:30.024
I would create 2 schedules and you may want to definitely have their name, but you may want to add a picture onto it. You might want to have them in separate places or next to each other.

220 "Kelly Majestic" (1319595520)
00:34:30.234 --> 00:34:44.484
But I think a key part is creating a space where they actually follow the schedule independently. So, let's say there's activities homework, toys, independent, play or chores having your kids do them separately.

221 "Kelly Majestic" (1319595520)
00:34:44.789 --> 00:34:58.944
So that they don't get involved in, like, a sibling or distract each other along the way is can be very, very beneficial, especially until you get great behavior momentum and following the routine try and separate your kiddos.

222 "Kelly Majestic" (1319595520)
00:34:59.244 --> 00:35:05.064
And if you know that your child 1 child may need more support in 1, part of the routine, put that.

223 "Kelly Majestic" (1319595520)
00:35:05.669 --> 00:35:17.159
Activity at a time when your other child can do something really well and independently so that you can go over here and support and you don't need your other kiddo needing your time there too.

224 "Kelly Majestic" (1319595520)

00:35:18.114 --> 00:35:29.574
I have a question here, our visual schedule is the most helpful
techniques for a young 2 year old that has minimal language or
comprehension. I think they are an excellent technique. At that point.

225 "Kelly Majestic" (1319595520)
00:35:29.574 --> 00:35:42.384
You may be looking at something more like that object schedule where
you have the actual physical item there for the keto to follow and
remember when you're teaching it may need to be extremely structured.

226 "Kelly Majestic" (1319595520)
00:35:42.414 --> 00:35:45.654
So you're going to go walk your child physically.

227 "Kelly Majestic" (1319595520)
00:35:46.109 --> 00:35:50.669
Prompt to walk your 2 year old over to the schedule touch the spoon.

228 "Kelly Majestic" (1319595520)
00:35:50.669 --> 00:36:00.419
Time it's time to eat snuck take your child to the table. Sit down,
eat, eat, just go to the routine take.

229 "Kelly Majestic" (1319595520)
00:36:00.419 --> 00:36:09.959
Tune off, put it in an all done by take your child pan prompt to touch
bathroom. They touch the diaper. Let's go to the bathroom.

230 "Kelly Majestic" (1319595520)
00:36:09.959 --> 00:36:22.139
Avoid using a lot of language so that it doesn't get confusing, keep
it simple. So, because the bathroom go to the bathroom, you know, show
the diary change diaper. If you're 2, you may still be using a diaper.

231 "Kelly Majestic" (1319595520)
00:36:22.764 --> 00:36:27.084
Come back, take that diaper off the schedule, put it in the all done
go to the next.

232 "Kelly Majestic" (1319595520)
00:36:27.084 --> 00:36:39.834
So, that's what I mean, by teaching, it needs to be very structured
and the more you do this, the more consistent you do this, your kid
will develop independence for it and that looks different for
everyone.

233 "Kelly Majestic" (1319595520)
00:36:39.834 --> 00:36:52.044
My oldest son learns a little bit quicker than my daughter and so she

takes a lot longer to develop these things and she needs a lot more prompting and support by me, but they will pick it up. The more you stick with it.

234 "Kelly Majestic" (1319595520)
00:36:52.139 --> 00:37:04.974
The other thing you can do is, you know, you can give a small little Eminem or a sticker. Every time they put something in the all done off the schedule to reinforce that behavior of following the schedule, coming back, checking it and completing it.

235 "Kelly Majestic" (1319595520)
00:37:05.724 --> 00:37:12.384
But I really think it's a helpful technique. Another thing I didn't talk about today, that can be really successful is a 1st, Denver.

236 "Kelly Majestic" (1319595520)
00:37:12.929 --> 00:37:16.109
So, let's say it's a snack bathroom play time.

237 "Kelly Majestic" (1319595520)
00:37:16.109 --> 00:37:20.844
The 1st onboard can be like, 1st, knock, then bathroom or for staff,

238 "Kelly Majestic" (1319595520)
00:37:20.844 --> 00:37:31.734
and then play time and so actually taking 2 pieces off that schedule and creating a mini schedule of just the 2 activities that are at hand right now.

239 "Kelly Majestic" (1319595520)
00:37:32.039 --> 00:37:35.609
But I think getting started at 2 is.

240 "Kelly Majestic" (1319595520)
00:37:35.609 --> 00:37:40.829
A wonderful initiative and I highly, highly highly recommend it.

241 "Kelly Majestic" (1319595520)
00:37:40.829 --> 00:37:52.289
The next question is, how do I know if what I'm trying to implement is above what my son can do or if I need to give it more time for him to get used to example, getting dressed.

242 "Kelly Majestic" (1319595520)
00:37:52.289 --> 00:37:57.299
Great question um, if you're finding that.

243 "Kelly Majestic" (1319595520)
00:37:57.299 --> 00:38:03.029

Your son cannot put a shirt on independently and it's just it's.

244 "Kelly Majestic" (1319595520)
00:38:03.774 --> 00:38:12.594
Unsuccessful everyday meaning that there's frustration your
frustrated. He's frustrated. You're constantly going in to help him
adjust your expectation.

245 "Kelly Majestic" (1319595520)
00:38:13.014 --> 00:38:19.704
So it may be that getting gested you're going to it's going to look
different programs so maybe it's you lay the shirt and the pants.

246 "Kelly Majestic" (1319595520)
00:38:19.980 --> 00:38:27.270
On the bed, and maybe you're supporting with, you know, okay.
Underwear and certain path on the bed and they can physically put it
on.

247 "Kelly Majestic" (1319595520)
00:38:27.955 --> 00:38:42.385
For others, if I'm going to help, you put on your shirt and your pan,
we're not going to talk during it because the verbal prompting is the
hardest thing to fade out of a self help skill. So, self help is
getting dressed, brushing teeth.

248 "Kelly Majestic" (1319595520)
00:38:42.415 --> 00:38:48.055
Anything you want them to be able to do independently for themselves.
Verbal cues are very hard to fade out.

249 "Kelly Majestic" (1319595520)
00:38:48.360 --> 00:39:03.235
Because when you do it by yourself, you're not, someone's not verbally
telling you what to do. So, instead you want to do a lot of physical
prompting so you may pick up that shirt handover hand, grab the shirt
handover hand, pull it over his head. So, he's doing it with you.

250 "Kelly Majestic" (1319595520)
00:39:03.810 --> 00:39:17.455
Um, but the key thing here is to reinforce whatever you're doing. So,
if you need to hold use physical prompting hand over hand, that's
okay. We're doing it together. We're successful reinforce it.

251 "Kelly Majestic" (1319595520)
00:39:17.785 --> 00:39:25.585
And then, after a few days, you can slowly take your hands off a
little bit. And if they can do it independently, while you're standing
right there but you're just not touching today. You're kind of.

252 "Kelly Majestic" (1319595520)
00:39:25.890 --> 00:39:32.700
Supporting from a distance and Stephanie, and as soon as they need it,
that's wonderful. And you can slowly fade off that way.

253 "Kelly Majestic" (1319595520)
00:39:32.700 --> 00:39:45.660
Eventually you can get to a point of the closest laid on the bed and
they put it on or eventually, maybe they go and pick out their own
clothes. Some of our kids. So they're always going to have their
clothes laid out and whatnot. But I think.

254 "Kelly Majestic" (1319595520)
00:39:46.135 --> 00:39:59.875
How do you know if you're trying to send above your son? It may just
be that you need to increase the prompting level. I think getting just
it was not above your son at whatever functioning level. It's just
they may need more support.

255 "Kelly Majestic" (1319595520)
00:39:59.965 --> 00:40:03.025
They may need more prompting to be successful.

256 "Kelly Majestic" (1319595520)
00:40:03.600 --> 00:40:16.320
And just know if they're frustrated, they're not successful. If you're
very frustrated, you're probably not successful. So, how can we make
it less frustrating for everybody? But let's increase the help. And
then also the reinforcement.

257 "Kelly Majestic" (1319595520)
00:40:16.320 --> 00:40:19.650
Just because you're helping doesn't mean you should deny that
reinforcement.

258 "Kelly Majestic" (1319595520)
00:40:20.940 --> 00:40:30.510
Um, another question, how do you go about helping kids with personal
hygiene and cleanliness? So, I think.

259 "Kelly Majestic" (1319595520)
00:40:30.510 --> 00:40:35.610
We just talked about that a little bit there about the roofing from
that verbal prompting a lot.

260 "Kelly Majestic" (1319595520)
00:40:35.610 --> 00:40:42.210
Having a routine, but then you may want to have a visual schedule
within the bathroom. So, um.

261 "Kelly Majestic" (1319595520)
00:40:43.440 --> 00:40:56.545
Your ultimate routine schedule may say, you know, before you go to bed brush teeth, go to the bathroom, go to bed. Well, you may have on your mirror where you brush teeth every day, a visual schedule of that routine.

262 "Kelly Majestic" (1319595520)
00:40:56.575 --> 00:41:08.305
So, you get the 2 fresh, you put the toothpaste on, you read it, you put it in your mouth, right? Side 5 seconds 5. so a little schedule that stays on that mirror every day.

263 "Kelly Majestic" (1319595520)
00:41:08.580 --> 00:41:23.340
So that they get really independent with it and so you can pull off the very last spec, that's the very last step, right? Or new rent. Great. You did it without and you remove you keep removing the visual steps so that they become independent and eventually don't need that.

264 "Kelly Majestic" (1319595520)
00:41:23.340 --> 00:41:29.670
But the best way to kind of build upon these is take you schedules and then also just.

265 "Kelly Majestic" (1319595520)
00:41:29.670 --> 00:41:41.220
Please remember that that verbal prompting during self help skills is a real challenge. So don't stand up the door and say, get you too, but you choose based on instead you might want to point to it or.

266 "Kelly Majestic" (1319595520)
00:41:41.220 --> 00:41:47.160
You know, gesture to go to get the toothpaste refrain from that verbal prompting during that time.

267 "Kelly Majestic" (1319595520)
00:41:47.160 --> 00:41:52.500
Okay, I have another question here. How do you advise on.

268 "Kelly Majestic" (1319595520)
00:41:52.500 --> 00:42:01.290
Engaging the children for simple conversation on how they feel. How long do you believe is too long for a task?

269 "Kelly Majestic" (1319595520)
00:42:01.290 --> 00:42:13.230
And even for simple conversation on how they feel, and how long this delete is too long for a test. I'm going to start with the 2nd question there. How long do you believe it's too long for a task?

270 "Kelly Majestic" (1319595520)
00:42:13.230 --> 00:42:20.220
That is going to have a different answer for every single person and
every single kiddo. And so I'm.

271 "Kelly Majestic" (1319595520)
00:42:20.220 --> 00:42:25.320
If a task is independent play.

272 "Kelly Majestic" (1319595520)
00:42:25.320 --> 00:42:29.100
And it's playing with, you know, some dublo blocks.

273 "Kelly Majestic" (1319595520)
00:42:29.100 --> 00:42:41.910
I would set a timer for your kid when they naturally engage in that.
And if they naturally engage in that for about 5 minutes, before they
start throwing the blocks everywhere or, you know, just getting
frustrated.

274 "Kelly Majestic" (1319595520)
00:42:41.910 --> 00:42:52.050
You know, about 5 minutes is success, right? And so I would set them
up for even more success by reducing that length of that task to
probably 4 minutes.

275 "Kelly Majestic" (1319595520)
00:42:52.050 --> 00:43:03.120
And so, you know, at the 5 minute, they're about to be over it, you're
going to send them up for only 4 minutes everyone's happy successful,
and then move on to the next item. So.

276 "Kelly Majestic" (1319595520)
00:43:04.260 --> 00:43:10.560
You have to know your own kid and take a look at that to read the
signs and signals when you start to see frustration.

277 "Kelly Majestic" (1319595520)
00:43:10.560 --> 00:43:22.500
It's too long and so you make before starting any routines, take a
day, just to get some baseline, just observe your kid for a little bit
and just let the timer on your phone. We all have timers now. Oh, you
know, I thought they watched.

278 "Kelly Majestic" (1319595520)
00:43:22.500 --> 00:43:31.675
Tv right maybe that's the activity you want while you make dinner,
because we live in a world where, like, we need brakes. Right? And so
maybe if you thought they watch TV for 25 minutes right?

279 "Kelly Majestic" (1319595520)
00:43:31.705 --> 00:43:46.225
Because it felt like that, but really, it was 12 and so you may need to set a time, or to just get those real realistic expectations on how long your own child can attend to X. Y, and Z. because every task is also going to be very different. different

280 "Kelly Majestic" (1319595520)
00:43:46.530 --> 00:43:50.250
But generally there is a rule of thumb of, like.

281 "Kelly Majestic" (1319595520)
00:43:50.250 --> 00:43:59.280
Age equals attention span so you do have that, like, a 2 year old may play with something for about 2 minutes right? 2 to 3 minutes. Um.

282 "Kelly Majestic" (1319595520)
00:44:00.390 --> 00:44:12.835
But I hate to say that because each task is different and functioning levels are different too. But there is that kind of motto out there and an advice on engaging the child for a simple conversations on how they feel.

283 "Kelly Majestic" (1319595520)
00:44:13.105 --> 00:44:18.475
Maybe this question may mean throughout the routine. How they feel if, if they're not.

284 "Kelly Majestic" (1319595520)
00:44:19.825 --> 00:44:34.735
Yeah, developing that skill and vocalizing that they are unhappy with the activity or whatnot you may want to, you know, I never thought of this, but this is a great idea of asking them maybe having a, um, a feeling board. So, if it's the kiddos, I can't really express that.

285 "Kelly Majestic" (1319595520)
00:44:34.735 --> 00:44:49.045
And vocally, maybe you have a feeling board and pictures of different feelings. You know, how does this activity make you feel how does touching the Plato make you feel maybe points to anxious. Okay. Like, you don't really like this activity, maybe you're not going to be successful at all.

286 "Kelly Majestic" (1319595520)
00:44:49.050 --> 00:44:52.350
With it right now, and it's something we removed from the routine.

287 "Kelly Majestic" (1319595520)
00:44:52.350 --> 00:45:06.895

So, if they're not yet able to vocalize it, I think, using picture queues to help them points or on their iPad through pro quo or whatnot can be another really successful way to do that too. But I, I really love that question.

288 "Kelly Majestic" (1319595520)
00:45:06.895 --> 00:45:10.225
I'm just getting their buy in on how they feel. That's really important.

289 "Kelly Majestic" (1319595520)
00:45:13.440 --> 00:45:19.440
Okay, don't see any other questions. Um.

290 "Kelly Majestic" (1319595520)
00:45:19.440 --> 00:45:24.630
We do have a few more minutes if anyone has the last minute 1, they want to throw in there.

291 "Kelly Majestic" (1319595520)
00:45:33.445 --> 00:45:46.165
Okay, well, if not, I hope that this is really helpful for all of you. I think if you go to the next slide, we can hear you can see our contact information.

292 "Kelly Majestic" (1319595520)
00:45:46.465 --> 00:45:50.995
If you have any questions, you can contact client services directly and.

293 "Kelly Majestic" (1319595520)
00:45:51.805 --> 00:45:59.995
Just say, there's some of that presented and they'll find me, but my name is Kelly. My email is Kelly. K. E. L. Y. M. for logistics.

294 "Kelly Majestic" (1319595520)
00:45:59.995 --> 00:46:11.845
So, Kelly, at dot com, if you think of a question or whatnot, you can certainly reach out to me if you ever have behavior question, you can reach out to us directly as well. At Kyle.

295 "Kelly Majestic" (1319595520)
00:46:11.845 --> 00:46:16.015
We're always happy to answer questions and help parents kind of navigate things.

296 "Michelle sanko" (372094208)
00:46:20.605 --> 00:46:27.505
Perfect, thank you Kelly again and thanks everyone for attending and Kelly for providing such wonderful information.

297 "Michelle sanko" (372094208)
00:46:27.535 --> 00:46:36.085
If you do have questions regarding these therapies to discuss today,
please contact us the autism team by calling the number on the back of
your insurance card, and be sure.

298 "Michelle sanko" (372094208)
00:46:36.085 --> 00:46:46.255
To mark your calendars to join us next month, which will be Thursday,
February, 9th, and where we will be discussing increasing autonomy and
independence for young adults and just a reminder. reminder

299 "Michelle sanko" (372094208)
00:46:46.320 --> 00:46:52.620
That we will have an opportunity to answer a few short survey
questions.

300 "Michelle sanko" (372094208)
00:46:52.620 --> 00:46:57.660
Right after I drop off, so again, thanks everyone for attending. It
was great to have you Kelly as well.

301 "Kelly Majestic" (1319595520)
00:46:58.945 --> 00:47:09.535
Thank you so much and thank you everyone and just know being a parent
is very hard and I'm with you through all of those challenges too. So
just be easy on yourself.

302 "Kelly Majestic" (1319595520)
00:47:09.535 --> 00:47:15.355
Everyone is whatever you're doing to try and be successful is a really
excellent effort.

303 "Kelly Majestic" (1319595520)
00:47:15.690 --> 00:47:17.850
All right Thank you. Everyone.