



CARDTM
CENTER FOR AUTISM
& RELATED DISORDERS

Parent Training

Cigna's Autism Series
January 2018



Purpose of Training

- ▶ What is parent training?
- ▶ Review various types of parent training
- ▶ Why is parent training important?
- ▶ What you should know
- ▶ How does parent training benefit the child?
- ▶ How does parent training benefit the parent?
- ▶ Questions

Parent Training Is...

- ▶ Parent training is about teaching effective strategies that specialized professionals use based on a specific diagnosis
- ▶ Parent training can apply to all types of services
 - Applied Behavior Analysis
 - Speech Therapy
 - Occupational Therapy
 - Physical Therapy

Parent Training Is...

- ▶ Parent Training is not about teaching parents how to raise children
- ▶ Parent Training should incorporate a families values, culture and religious preferences

Parent Training Styles

- ▶ Education
 - Science, theory based training
 - Terminology
 - The why behind the how
- ▶ Consultation
 - Discussion
 - Determine parent priorities
 - Create parent goals
 - Determine methods for meeting goals
- ▶ Hands on Practice
 - Practicing teaching methods with the child

Purpose of Parent Training

- ▶ The purpose of parent training is to
 - Gain knowledge
 - Empower parents and caregivers
 - To foster a partnership between parents and providers
 - To promote learning outside of clinical services
 - To promote use of learned skills outside of clinical services

Importance of Parent Training

Why is parent training important?

- ▶ Applied Behavior Analysis (ABA) is scientifically proven to effectively treat autism. The science supports intensive treatment programs.
- ▶ Unfortunately, not every child diagnosed will receive an intensive and comprehensive treatment
- ▶ Parents and Caregivers are important partners in creating the most intensive and comprehensive treatment program for the best possible outcomes

Importance of Parent Training

Why is parent training important?

- ▶ The more aware you are of what is happening in your child's treatment program, the more likely you are able to:
 - Communicate effectively with schools and other providers on what your child can and can not do, bridge gaps between providers (Applied Behavior Analysis, Occupational Therapy, Speech Therapy, school)
 - Determine what is most important to you that you want your child to learn / know
 - Plan for short term and long term goals

Importance of Parent Training

Why is parent training important?

- ▶ The more aware you are of teaching strategies and your child's ability with a particular skill the more likely you are able to
 - Follow treatment
 - Able to work on skills within your home without a provider present
 - Expect your child to perform newly learned skills independently, avoid helping too much
 - Know what skills they still need assistance to complete

Parent Training means your child is more likely to learn and use new skills faster!!!

What You Should Know...

- ▶ Regardless of the type of treatment, parents should know the following:
 - Treatment goals – what the child is learning
 - Progress toward goals
 - Barriers to accomplishing goals
 - The teaching strategy to accomplish goal
 - Short term and long term purpose of the goal
 - Determine when a strategy is or is not working
 - Whether or not treatment is still appropriate or if other treatments are more appropriate

Benefit to the Child

- ▶ Learn faster
- ▶ Learner has more opportunity to practice skills
- ▶ Use skills:
 - In various environments
 - With various people
 - Various materials (generalization)
- ▶ Decrease frustration – consistency across people / environments

Benefit to the Parent

- ▶ Thorough understanding of teaching strategies
- ▶ Eliminate / decrease the feeling of helplessness
- ▶ Use strategies on your own
- ▶ Build confidence
- ▶ Feeling of Empowerment
 - I can teach my child something, I don't always need a 'professional' to guide me
- ▶ Being included in treatment decisions
- ▶ Make informed decisions
- ▶ Informed collaboration with all providers and types of services
- ▶ Include family and friends in teaching strategies

Questions???