





Work Yourself Out of a Job!




Colleen Kugler
and
Kristin Foster
FISD In-Home / Parent Trainers





Steps to Promoting Independence

- Assess and make a List
- Make a plan
- Teach skills needed
- Closely monitor and reinforce as needed



Assess and Make a List

- Use a skills inventory to identify tasks
- Identify what is not working for your family
- Prioritize



Make a Plan



- Know your child's learning seasons
 - Developmentally
 - Chronologically
 - Maturity

Plan can consists of approximately three skills you'd like to develop. Ensure success at first and then increase expectations as needed. Include a timeline and motivators.

Molly will clear the table after dinner every night. She will then get to read a book with a parent for 10 minutes.
Johnny will brush his teeth before bed every night. A parent will scratch Johnny's back in bed for 10 minutes.

Teach the Skills Needed



- Prepare the Environment
- Be positive and have fun!
- Use strategies listed below or come up with your own:

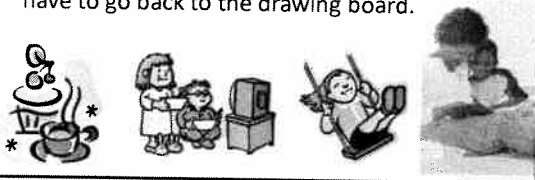
- Modeling (parent, video, peer)
- Break skills down as needed
- Backwards chaining
- Use visuals
- Social Scripts



Closely Monitor and Reinforce







- Start with immediate reinforcement
- Gradually decrease reinforcement until child is intrinsically motivated
- Re-assess as needed...don't forget! You may have to go back to the drawing board.



The Magic of Creativity

- Think outside the box (or dust pan, or bucket...)
- Learn from others (see 401 ways hand-out)
- Share ideas
- Use resources
- Ask your children!



HAVE FUN!!!

Ideas

- Clean-up Fairy
- Jar of Smile Activities
- Dice
- 5-minute Clean-up
- Race Against the Timer
- Dust Puppets
- Dance and Clean Party
- "Whistle" While you Work
- Pick-up Puppet
- Special Apron
- Superpowers
- Egg Jobs
- Flags on Popsicle Sticks
- Videotape "Secret Assignments"
