



# Parent Training Session

SUMMER BEHAVIOR PLAN

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# Who am I and why am I here talking to you?

- Wife and mother of two boys – 16-year-old with autism and neurotypical 9-year-old
- Undergraduate degree in Psychology
- Master's degree in Business Administration (MBA)
- Worked in consulting
- Master's degree in Psychology specializing in Applied Behavior Analysis
- Founder/BCBA of Stepping Stones Consulting Services



# Summer behavior plan

- Challenges of summer
- Tips for a successful summer
  - Create a routine
  - Daily activities
  - Real-life learning
  - Web-based learning
  - Camps
  - Sensory friendly events
- When challenging behavior occurs

# Challenges to face in the summer



- *Loss of structure and routine*
- *Loss of therapies and supports*
- *Difficulty with finding appropriate programs*
- *Stress related to child care*

# Summer behavior plan: Create a routine

- Maintain a schedule - make it visual!
  - Use visual schedules, if necessary
  - Use “first then” strategy whenever needed
  - Keep schedule as consistent as possible
  - If possible, try to continue therapies through the summer (ABA, Speech, OT, etc)
  - REINFORCE WHEN THE CHILD IS FOLLOWING THE SCHEDULE

# Summer behavior plan: Daily activities

- Different activities for different days
  - Museum Mondays
  - Take a hike Tuesdays
  - Water Wednesdays
- Have a visual calendar!







# Summer behavior plan: Real-life learning

- Chores
  - Use a chore chart - expectations each day
  - Rewards gained for doing chores
- Cleaning
  - Dusting
- Setting table
- Taking out trash
- VISUAL SCHEDULE
- REINFORCE GOOD BEHAVIOR

# Summer behavior plan: Web-based learning

- I know we want to minimize iPad time!!
  
- Fun apps to help your child learn
  - Starfall
  - Super Why!
  - Emotions and Feelings
  - Toca Boca
    - Real-life scenarios
    - Allow children to create their own stories
  - Agnitus
    - Interactive games
      - Identify and match shapes, colors and letters
      - Manage self-help skills
  - Doodle Buddy

# Summer behavior plan: Camps!

- Day camps
  - HEROES DFW
  - Adventure Camp Arc of Dallas
  - Plano Parks and Rec
  - It's a Sensory World
  - Starcatchers Dance Camp
  - Champions Special Ministries
  - Camp Interact
  - Sound Starts Music Therapy
  - brickLAB

# Summer behavior plan: Camps!

- Overnight camps
  - Camp Summit
  - Camp C.A.M.P
- Scholarships awarded
- Fees are need-based

# Summer behavior plan: Sensory friendly events

- ❑ Frisco Public Library
- ❑ Movies - Studio Movie Grill
- ❑ Crayola
- ❑ Dallas Children's Theater
- ❑ Sci-Tech Discovery Center

# Summer behavior plan: When challenging behavior occurs

- Determine the function of the behavior
  - Attention - Ignore the behavior
  - Escape from a task - Ignore the behavior and follow through on the demand
  - Tangible/Preferred item or activity - Do not provide preferred item until child is calm and requests appropriately (whether verbally or non-verbally)
  - Automatic reinforcement (self-stimulatory behavior) - Try to find an appropriate replacement behavior and reinforce that behavior

# Summer behavior plan: When challenging behavior occurs

- HAVE A PLAN
  - Anticipate when problem/challenging behaviors may occur
    - Provide social stories ahead of time so your child can anticipate what will be occurring
  - Realize the child's behavior may get worse before it gets better
  - Provide positive reinforcement when you see good/appropriate behavior. The child will more likely continue that behavior.
  - Try to find appropriate replacement behaviors for the challenging behaviors

# Summer behavior plan: When challenging behavior occurs

- Key tips and strategies
  - Ensure all family members are on the same page on how to handle challenging behaviors
  - CONSISTENCY CONSISTENCY CONSISTENCY!
  - Reinforce good behavior
  - Ignore challenging behavior



# Summer behavior plan: Summary

- HAVE A SCHEDULE!! VISUAL, IF NECESSARY!
- Be as consistent as you can with the schedule
- Provide social stories for new events/environments/scenarios
- Provide social and learning opportunities with games, camps, and sensory friendly events
- Have a chore chart to teach new home skills
- When encountering challenging behavior, have a plan ready on how to manage it
  - Ignore behavior, if possible
  - Do not provide attention or reinforcement for the challenging behavior
  - Find appropriate replacement behaviors and reinforce those behaviors
- REINFORCE GOOD BEHAVIOR ALL SUMMER

# Summer behavior plan: Questions/Discussion

- THANK YOU FOR YOUR TIME! HAPPY TO TAKE ANY QUESTIONS!

