

Parent Coaching - Cheat sheet

Recap

We know that there is a lot for you to remember especially over the next few days when you are interacting with your child. Therefore, we thought we'd leave you with some helpful hints and tips.

Remember to:

- **Take small steps** to towards teaching a goal – breaking big tasks into smaller tasks will help your CYP to understand and learn quicker!
- **Praise and reward yourself** when you are successful with one of the RAPID strategies. It's important you feel confident and acknowledge your own successes as well as your CYPs.

RAPID – Parent training

Reward

- Use specific praise to for your CYP
 - “Well done for sitting”
 - “I love that you are picking up those clothes”
 - “Nice talking”
 - (giving the toy or object your child has requested)
- You should praise immediately after the learner has done something you like so they do more of it in the future!
- Make the level of praise is age appropriate.

Attending

- Talk to your child about what they/ you both are doing – even if they are non-verbal.
 - “We are cutting a picture”
 - “Vroom vroom say’s the train”
- Interact with your child by copying what they are doing
 - You don't have to use lots of language at this point
 - Use short and simple phrases as often as you can!

Providing breaks

- Only use breaks if your child becomes overstimulated or engages in inappropriate behaviour.
- Breaks should be no longer than 3-4mins.
- The break area should not be an exciting place for the learner to sit (e.g. not his/her bedroom or on the computer)
- Allow your child some verbal and non-verbal space when they are having a break – this is time for them to calm and reset!
- After the break has ended, try including your child back into what you were doing beforehand.
- Reward as soon as they are demonstrating appropriate behaviour!

Ignoring non dangerous behaviour

- Do not ignore dangerous or harmful behaviour – you must stop these types of behaviours as soon as you see them!
- You should try to ignore the non-dangerous behaviour by looking away and not verbally commenting on what your child is doing.
- Look for opportunities to reward appropriate behaviours as soon as possible so your child is learning other ways to get what they want.
- If they are crying, wait until they are calming down before you talk to them.
- If you have to intervene (i.e. about to throw or hit someone) you can stop them and then wait to reward an appropriate behaviour as soon as possible.

Direction Giving

- Directions given to you child, should be short and explicit (e.g. 'stand up?' rather than 'can you stand up?')
- Give one instruction at a time to start with.
- For older children turn instructions into steps that can be ticked or tracked a step at a time.
- Always praise your child after you have given an instruction that has been followed correctly.
- Offer breaks/ rewards for harder or more complex instructions.

Contact us

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