

I CAN DO THAT!

- As parents and educators, our goal and job is to help our children become as independent as possible and be confident in their ability to learn and accomplish goals. This starts with reaching for and grabbing a toy and continues to career goals.

TONIGHT'S AGENDA

- Why is encouraging independence skills so important for our kids?
- Why are we sometimes reluctant to do this?
- What are the critical skills needed for independence?
- Hopefully you will leave with one thing you want to start working on with your child
- We are going to try not to judge ourselves or feel guilty!

THE LIST!

WHY IS ENCOURAGING INDEPENDENCE SKILLS IN OUR CHILDREN SO IMPORTANT?

- It allows your child to have more freedom now and in the future.
- It allows you more freedom.
- Some of our kiddos will allow you to perform tasks for them until....
- It increases your child's self-esteem.

- Learning these skills may affect your child's educational placement or job placement in the future.
- It allows your child to be cared for by others more easily.
- It gives your child increased access to a variety of activities and social environments

WHY ARE WE RELUCTANT TO TEACH THESE CRITICAL SKILLS?

- We think the skills are too hard for our child.
- We don't want to see them struggle.
- It takes too much energy and we are already tired from chasing and caring for our child all afternoon.

- If we push the child, it might set off a string of unpleasant behaviors.
- We might miss doing them for our child. We might want them to stay our “baby”.
- We think they are just late bloomers and will pick up on it later.

CHOICE/SELFDETERMINATION

- Learning to make a choice gives your child power, buy in and affects their quality of life now and in the future for the better!
- Making choices is the first step in self-advocacy


THINGS TO REMEMBER:

- Pacing: every child learns at a different pace
- Make a list to keep you moving forward
- Be persistent
- Be easy with yourself
- Ask for help

THE LIST!

- Go back to all the things you did for your child today and see if there is one thing that you think they might be ready to learn or what's the one thing that would help you most if they could learn to do it.

What do you need to get started?



Buy in from your family
Goals

Task analysis

Teacher ideas/help

Mini-schedules

<http://www.victoriesnautism.com/schedule-activity-and-task-cards.html>

<http://www.do2learn.com/picturecards/printcards/>

http://www.bergerlearning.com/docs/BergerLearning_ActivityScheduleOptimized.pdf

Reinforcers

Time in your schedule

