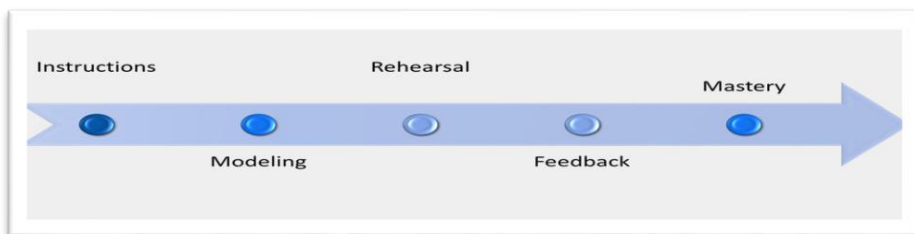


Using Behavioral Skills Training "BST" Within the home setting

- ◆ Behavioral Skills Training is an effective and empirically validated multi-component teaching method to train or teach new skills to individuals *regardless of disability.*



How the Steps to the Skill are Learned:

Instructions	Modeling	Rehearsal	Feedback
Checklist or Task Analysis	Demonstration of the steps	Practice the steps	Discuss and practice to mastery

Example of supports for home use:

Task Analysis

Product of **ABA Visualized**

Goal
Teach a new, complex skill by breaking it down into a sequence of smaller steps

How
Use the visuals created as a step-by-step guide to increase independence in completing each of these everyday activities.

Context
Place the task analysis in the setting it will be used (e.g. 'brushing teeth' in the bathroom). Point to the steps to assist the student in moving through them. After several practices, the teacher will stop pointing and the student will use the pictures as the guide.

Instructions

1. Copy this page, cut out each Task Analysis, and laminate if possible for longer use.
2. Place the Task Analysis in the area where that skill takes place.
3. Initially, guide the students through the steps by pointing to each step as it should occur. Teacher may need to provide other types of prompts (see *Breaking Skills Down*, pg. 90).
4. As the student becomes more independent in the skill, they will follow the visual steps on their own, without a teacher present.
5. When the student has mastered the skill, remove the Task Analysis.

Washing hands

<https://www.teacherspayteachers.com/FreeDownload/Hand-Washing-Visual-Free-Printable-from-ABA-Visualized-5324819>

HERE IS A LIST OF SOME OF THE SKILLS YOU CAN HELP YOUR CHILD LEARN AT HOME THROUGH "BST"

- ✓ Initiating Conversations
- ✓ Taking turns with others
- ✓ Sharing with others
- ✓ Waiting
- ✓ Using communication methods
- ✓ Commenting
- ✓ Making requests
- ✓ Using a visual schedule
- ✓ Requesting a Break
- ✓ Gaining attention from others
- ✓ Gaining desired items
- ✓ Requesting help
- ✓ Using utensils
- ✓ Using money
- ✓ Counting
- ✓ Sorting
- ✓ Toileting
- ✓ Handwashing/Bathing
- ✓ Dressing
- ✓ Meal prep
- ✓ Playing with others
- ✓ Calming techniques

We hope to see you at one of our upcoming meetings!

STATEWIDE PARENT ADVISORY COMMITTEE "SPAC" MEETINGS & WORKSHOPS

****All meetings and workshops to be broadcast via Zoom****

❖ **March 11, 2021 6pm-7pm:**

- **Topic- *Communication & Sensory Skills***
- **Zoom link: <https://us02web.zoom.us/j/88427266972>**

❖ **May 13, 2021 6pm-7pm:**

- **Topic- *Behavior Strategies & Social Skills***
- **Zoom link: <https://us02web.zoom.us/j/85646048651>**

**Calling ALL families,
community members,
neighbors, etc...**

We are still looking to add a few more members to our Statewide Parent Advisory Committee!

If you know of anyone who is interested in representing families statewide, please reach out to our office at dosap@christina.k12.de.us

<http://cdn2.hubspot.net/hubfs/53/Ecommerce/Megaophone.idd?t=1436776970888>



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