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:

<table>
<thead>
<tr>
<th>Instructions</th>
<th>Modeling</th>
<th>Rehearsal</th>
<th>Feedback</th>
</tr>
</thead>
<tbody>
<tr>
<td>Checklist or Task Analysis</td>
<td>Demonstration of the steps</td>
<td>Practice the steps</td>
<td>Discuss and practice to mastery</td>
</tr>
</tbody>
</table>

Example of supports for home use:

Videos you can use to model steps:

**Handwashing:**
https://www.youtube.com/watch?v=lisgnbMfKvl

**PECS Phase 1:**
https://www.youtube.com/watch?v=eNbucDWEfpg

**Turn taking:**
https://www.youtube.com/watch?v=ehljPpE51Eo

**Visual schedules:**
https://www.youtube.com/watch?v=v05kMimZb0w

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