

Homework List - Autism Parent Course - Part 2

This homework comes from the online course: TAGteach for Autism with Martha Gabler. These instructions for completing the homework are accompanied by Homework Sheets that you can fill in.

Course Section 2-1 What it Means to Use TAGteach

Here's an exercise to help you evaluate the transitions that occur in your child's day. Make a list of all the transitions that happen each day. List the component parts of each transition. For example:

- getting out of bed
- walking to the bathroom
- walking back to the bedroom.

Use the chart provided to rate the ability of your child to accomplish each part. Now look at any of the places that you indicated some difficulty. For these, complete a detailed task analysis. Check off each part here as you complete it.

- Write down every movement that your child must make to accomplish the task.
- Observe to see that you have got them all.
- Make note of places in the transition where you provide physical or verbal prompting or other involvement in the process.

If possible have someone else observe and make note of all the behaviors that occur (both yours and the child's). It may help to video record the transitions and watch them yourself so you can see exactly what is involved.

Course Section 2-2 Balance of Failure and Success

For one full day, record all your child's successes. Every time your child does something that results in success make a note of it.

We're not going to write down the failures, since no-one wants a list of all the things they did wrong or had trouble with. Share the list of successes with the child if he shows an interest in what you are doing.

At the end of the day, consider whether it seems to you that the child experiences mostly successes or mostly failures. Think about way you could increase the opportunities for success and reduce the opportunities for failure and frustration.

One way that you can help tip the balance towards success for your child is to spend some time each day teaching specific skills that your child needs to be successful. But where to find the time? You may be spending a lot of time managing behavior. That is, telling your child what to do, when to do it, what not to do, giving corrections and generally wrangling to get through the day. For one full day, keep a record of the number of times you find yourself starting to manage some behavior that your child is doing (or not doing). Each time to start to manage, first go to the fridge and put a tally mark on the sheet you have placed there. At the end of the day you will have counted how many times you found yourself in management mode. Try to think about this and where in all that time you could carve out 5 or 10 minutes to work on a specific tag point that you identified in Part 1 of this course.

Fill out this sheet for a week, and include a tally mark for each time you have a teaching session. Over time you will see the time spent managing going down, while the time spent teaching goes up.

Homework Sheet 2-1

Evaluating Transitions

List of Transitions: Bed to floor
Bedroom to bathroom
Bathroom to kitchen
Kitchen to front door
...

Skill Rating:

- 1: doesn't do it
- 2: needs some help
- 3: does it slowly
- 4: does it well

Task Analysis for transition: Bed to floor

Parts of the Transition	1	2	3	4
Push back covers	x			
Sit up		x		
Feet on floor				x
Stand up			x	

Make a List of All Transitions

Evaluating Transitions Worksheet

Name of transition:

Date:

Parts of the Transition	1	2	3	4

Skill Rating:

1: doesn't do it

2: needs some help

3: does it slowly

4: does it well

What I do to help get my child to accomplish the task

Parts of the Transition	My Actions

Homework Sheet 2-2

Things My Child Did Successfully Today

Woke up
Got out of bed
Got socks out of drawer
Put on socks
Used the toilet

Sat at table
Used a spoon
Fed herself
Used a napkin
...

Homework Sheet 2-2

Time I Spend Managing and Teaching

Managing



Teaching



Monday

Managing

Teaching

Tuesday

Managing

Teaching

Wednesday

Managing

Teaching

Thursday

Managing

Teaching

Friday

Managing

Teaching

Saturday

Managing

Teaching

Sunday

Managing

Teaching