

Homework List - Autism Parent Course - Part 3

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 3-1 Body Language Indicators

Observe your child and make a list of all your child's body language indicators that indicate the following:

- Happy
- Distress
- Neutral (content)

Try to list a progression that goes from neutral to most severe. Look for the most subtle and the most obvious signs. Be as detailed as you can. Record your observations in the relevant sections of the Homework Sheet.

Course Section 3-2 Your Behavior

Make a list of the behaviors that you do before and during a tantrum.

Think about each one of those in terms of what we have discussed here. Think about the effects of your actions on the child's behavior. Do your actions, increase, decrease or have no effect on the occurrence and or severity of the tantrum? Check off the appropriate box beside the behavior you described.

Write down some specific actions you could take to change your behavior in order to help prevent and de-escalate tantrums. Think of ways that you could specifically:

- promote calm behavior in yourself and the child
- increase the rate of reinforcement
- increase the quality of the reinforcement
- decrease the demand on the child
- increase the opportunity and likelihood that the child will experience success
- decrease the likelihood that the child will experience failure

Homework Sheet 3-1

Body Language Observation

Indicators that my child is feeling happy

Subtle signs

Obvious signs

VERY HAPPY

MILDY HAPPY

Indicators that my child is feeling content

NEUTRAL

Indicators that my child is feeling distress

Subtle signs

Obvious signs

MILD DISTRESS

EXTREME DISTRESS

Homework Sheet 3-2

What I Do When My Child Has a Tantrum

Things I do or say that often precede a tantrum

Increases

Decreases

No Effect

Things I do or say during a tantrum

Increases

Decreases

No Effect

Things I could do to prevent or deescalate tantrums

PROMOTE CALM
INCREASE REINFORCEMENT
DECREASE DEMAND
INCREASE SUCCESS
DECREASE FAILURE