

Caring for Your Challenging Child A Caregiver Training Program

- **Session 1: Overview and Know Your Child**
Distinguishing between *normal human variation* and *disorder* is important but often difficult. In this session, participants will fill out the Quick Scan Questionnaire for the target child. This instrument will help caregivers analyze a child's unique functional profile, and will be the basis for the understanding each child's gifts, as well as the areas where they need extra support.
- **Session 2: Time-in**
The relationship between caregiver and child suffers if too many interactions begin as negative reaction to misbehavior. Adults and children both deserve islands in time when they can truly relax and enjoy each other's company. In this class, participants will learn how to implement Russell Barkley's "Time-in" to help build a stronger bond between child and caregiver.
- **Session 3: Engagement and Understanding**
In this session, caregivers will learn about the importance of insuring that children are paying attention and understand what the adult wants. Caregivers will learn specific techniques for ensuring engagement and understanding as a first step in getting a child to do as you wish.
- **Session 4: Motivation through Positive Attention for Compliance**
In this session, caregivers will learn how to motivate children using positive reinforcement and encouragement, rather than punishment and demanding. Caregivers will learn to notice positive behavior, praise effectively and quickly, and to comment on the quality of the behavior rather than the worth of the child. Once a behavior is established, caregivers will learn how to fade reinforcement until a child is self-motivated.
- **Session 5: Self-motivation and Learning from Experience**
This session sets the stage for caregivers to provide natural learning opportunities for their children. It describes how to structure learning situations so that the child can learn by effective ignoring, natural consequences, and logical sequences.
- **Session 6: Motivation through Rewards**
Reward systems usually modify a child's behavior by first modifying the caregiver's behavior. This session will outline the changes the adult must make to help the child do what is required, and will describe how to structure the task and the rewards so the child can experience success.

- Session 7: Time-out and Ignoring
This session will describe the best practices for implementing two strategies for de-escalating behavior: time-out and ignoring. Caregivers will learn when and when not to use these techniques, and they will learn how to do them effectively. When these strategies are ineffective, the caregivers will also learn to analyze the situation to determine the underlying cause.
- Session 8: Empathy
When a child feels understood, they are more open to collaborative problem-solving. In this session, caregivers will learn how to stay out of power struggles, and how to show a child that you understand. They will learn specific techniques for effectively showing empathy.
- Session 9: Problem Solving
Children can learn to solve their own problems, and caregivers should see problems as teaching opportunities. In this session, caregivers will learn how to coach children through the process of learning to solve their own problems, and effectively deal with anxiety.
- Session 10: Ability, Accommodations and Interventions
This session will give the caregiver strategies for dealing with a child's strengths and weaknesses. It will describe when to accommodate, and how to teach the missing skills. Caregivers will learn specific strategies for deciding which strategies to apply, and how to evaluate their utility.

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