

Green Box ABA

Parent Newsletter



Meet Mary!

Mary Sauter has worked at Green Box for 4 years and over that time she has become one of our most experienced RBTs, while also finishing her Masters in Special Education. Earlier this year, she took on the role of Scheduling Coordinator, in addition to continuing to provide direct therapy services. Mary makes sure that the therapy schedule is always up-to-date and coordinates any schedule changes with families and clinical staff, a task which also involves tracking our therapist availability. Mary brings order to the potential chaos that is involved with juggling the schedules of many different families and many different therapists!



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How do you describe your job?

When I am not seeing clients I am working on scheduling. I coordinate therapists' and clients' availability and create the schedule that provides clients with their services.

Where did you grow up?

I grew up in the small town of Greensburg Pennsylvania, outside of Pittsburgh.

What are some of your favorite things to do while you are not at work?

When I'm not at work I like to listen to podcasts, go hiking, bowling or read a good book.

Who would you most like to swap places with for a day?

Freddie Mercury

If you could visit anywhere in the world you've never been, where would you go?

Ireland!

What's your secret talent that no one knows about?

I'm a great baker

Which 4 people (living or dead), would you most like to eat dinner with?

Dwayne Johnson , John Mulaney, Aretha Franklin, and Stephen King

If you could choose to do anything for a day, what would it be?

Travel to outer space

If you could only eat one meal for the rest of your life, what would it be?

Tacos!

A colorful logo for "Happy Mother's Day" featuring the words in a playful, multi-colored font with small flower icons interspersed between the letters.



Doing chores helps your child feel included in daily family routines and encourages independence. Find household tasks that they might enjoy and they have the skills to do independently and start there.

Help! They're Bored!

With caregiving, “homeschooling,” and working, stay-at-home conditions present unique challenges. These days, you may feel like you are constantly trying to find ways to keep the kids happy and occupied. Because, at this point “preferred” activities may not be quite as exciting as they used to be.

To some extent, all kids grow tired of playing with the same toys, watching the same videos, and engaging in the same activities. For children with ASD, this can be easy to miss. If you notice your child stops interacting with a favorite activity within just a few minutes, that is a sign that they are growing tired of it, *even if they asked for the activity*. And when that happens, there is a good chance that they will find a way to ask for your help with finding something new to do.

Kids who are bored may also increase attention-seeking behavior. For example, they may want to be in the same room with you, ask lots of questions (including ones that have already been answered), or do things that they shouldn't be doing. For children who have limited interests or underdeveloped play skills *and* who are losing interest in even preferred activities, this can be their way of telling you that they need your help filling their time.

All of this can be especially challenging for both you and your child when you have things that you need to do, are not in a position to give them your full attention, or are just plain tired. While every family's needs are different, here are some strategies that may help:

Resist the urge to allow unlimited access to preferred activities. It may seem counter-intuitive but limiting access to preferred activities

and interspersing them with other activities will help them keep their “value.”

Build some level of structure into the day. Use a simple daily schedule, so that your child knows what can be expected and that the day will include some activities they find interesting. Daily schedules, which can include pictures, don't have to be elaborate or detailed or overly strict. If you include the key things (including times when you might be unavailable), it's okay if some parts are more “go with the flow.” Have your child help lay out the daily schedule in the morning. And remember, follow up “less preferred” activities with those preferred ones!

Find time to do things together. Let your child know that there are times when they will have your undivided attention. Then play, snuggle while watching a video, jump on the bed, whatever your child likes to do.

Encourage movement. When the weather is good, go outside if you can. Inside, try dancing, yoga, and physical games like “Simon Says.”

Let them do some chores! Many of our children can help with some chores. Start with a very simple task and then expand. Your behavior analyst can help you break down the steps in a chore and provide advice on teaching it. Some chores to consider: recycling, taking out the garbage, laundry (sorting, folding, putting clothes into the washer), putting away utensils, setting or clearing the table, dusting, wiping down counters, and cleaning their room.

And don't forget that your behavior analyst is here to help!

Parent Educational Workshops: Picking Up the Pace to Meet Your Needs

Thanks to the parents who attended the workshop “How to Help Your Child Listen to and Follow Directions.” For those who were not able to attend, we are making the slides/materials and a recording (recorded content after the workshop, not the workshop itself) available. The workshop “Reward or Bribe: Knowing the Difference and Using Rewards to Help Your Child Learn,” originally done live in February, has also been recorded. You can find both on the website under the “For Parents” tab: Parent Educational Workshops or [just click here!](#)

Suggestions for helpful workshops, based on your current needs during “at home school,” stay-at-home, and social distancing conditions, have been pouring in. To help meet your need, we are increasing the pace of parent workshops from quarterly to, well, as fast as Dr. Kaminski can get them ready. So, put the next one on your calendar!

“They Won’t Stop Fighting! Strategies for Preventing and Resolving Sibling Conflict”
Saturday, May 16, 9 – 11am
Via Zoom

While the workshops are designed to present helpful content, the sharing and sense of community developed among the attendees has been a wonderful “side effect.” To increase the opportunities for sharing and support, we will also be hosting bi-weekly, drop-in groups. Drop in, ask questions, share ideas & things that have worked well for you, support other parents, and be supported. Dr. Kaminski or one of the BCBA/BCABA will moderate the meetings and provide professional input and insight when needed. These are less structured, so stop by for some or all of the meeting – it’s up to you and your schedule!

Drop-in and Share
Every other Thursday 7 - 9pm, beginning May 14
Via Zoom

Watch your email for an invite to the workshop on May 16 and for info on attending the Drop-in groups!

Do you have suggestions for other workshop topics that would help you during this time of homeschool and staying at home? Let your BCBA/BCABA know or send a message to the office!
(tmcrae@greenboxaba.com)

Excerpt From the Workshop

Following Directions Tip:

Make sure that you aren’t leaving “gaps” in your directions. All the small steps may seem obvious to us, but might not be to your child, resulting in frustration and in non-compliance

Communication

To make sure that your needs and questions are addressed in an appropriate and timely manner, please use the following guide:

General questions about services:

Main Office: greenboxaba@gmail.com; 571-297-4308

Cancellations:

Contact your therapists and BCBA/BCaBA

Questions/issues related to copays/invoices:

Main Office: greenboxaba@gmail.com; 571-297-4308

Clinical Administration:

- Required testing
- School breaks/Saturday groups
- Schedule Coordination
- Service authorizations

Clinical Assistant: tmcrae@greenboxaba.com

Clinical and behavioral concerns:

Your BCBA

