



Nurture Pods

EARLY INTERVENTION CENTRE FOR CHILDREN

Newspod

Publication by Nurture Pods

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Year 2017 Issue 5

Parents take note! –

The importance of parent training



Parents! Think back and recall the time you received your child's diagnosis. What were the steps you took after the diagnosis? Did they include psychoeducation (i.e. educating yourself and learning more about your child's diagnosis)?

Engaging in psychoeducation is indeed vital. You increase your understanding of your child and become a pillar of support for him/her, making it an important beginning step and foundation to helping your child overcome his/her diagnosis. However, research has shown that steps such as psychoeducation for parents tend to only provide indirect benefits to your child. There is an added, more direct step you could take to increase the effectiveness of your involvement and effort in helping your child overcome the diagnosis - **parent training.**



"...simply educating parents about autism isn't enough...there's a need for more effective parent training."

- Dr. Kara Reagon, Autism Speaks Director for Dissemination Science

Parents, you need to be the agents of change and take action to address the core features of the disorder, be it in the home environment or external environment. In order to do so, it is essential to undergo parent training where you will learn intervention techniques and strategies. A US study comparing the effectiveness of parent training and parent education (psychoeducation) found that parent training was more effective for reducing disruptive behavior, and resulted in higher scores for overall improvement.

One of the most critical intervention points you will learn from parent training is that intervention strategies must be used consistently in all areas of your child's life for the best results – ideally, throughout the day and across all settings. If your child has Autism Spectrum Disorder (ASD), Attention Deficit/Hyperactivity Disorder (ADHD), or other developmental disabilities, you need to not only know:

(1) The importance of visual schedules

- plays to your child's visual strengths thus providing a receptive communication system to increase understanding
- helps to cultivate independence
- improves predictability and helps your child learn the sequence of activities through a routine

(2) the importance of the token economy system

- good tool for reinforcing a response at any time

(3) the importance of reinforcing good behaviours, while trying to ignore negative behaviours as they may be attention seeking behaviours.



But in addition, how to consistently implement these intervention strategies in your child's life. Hands-on parent training is the best way to learn all these things.

Nurture Pods is committed to engaging and equipping parents with the necessary skills they need to manage children with learning disabilities and/or special needs. We have a hands-on Training Workshop for parents designed to familiarize parents with various manifestations of disruptive behaviours and how to best handle them. The workshop will also provide information regarding definitions related to Autism Spectrum Disorder (ASD), Attention Deficit/Hyperactivity Disorder (ADHD), and other developmental disabilities. You will not only be taught theories surrounding your child's intervention, but also receive ready-made materials construct with guidance from the trainers for you to use.

At the end of the Nurture Pods' Training Workshop, you will:

- have a better understanding of and be better able to predict difficult behaviors
- be equipped with teaching methods and useful strategies for working with your child
- have the skills to instill adaptive and compliant behaviour in your child

Our Training Workshop is available for and targeted at all parents - be it if your child is enrolled in our centre-based early childhood intervention, home-based intervention, social skills class, or even if your child is not enrolled in any of our services!



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