



Nurture Pods

EARLY INTERVENTION CENTRE FOR CHILDREN

NewsPod

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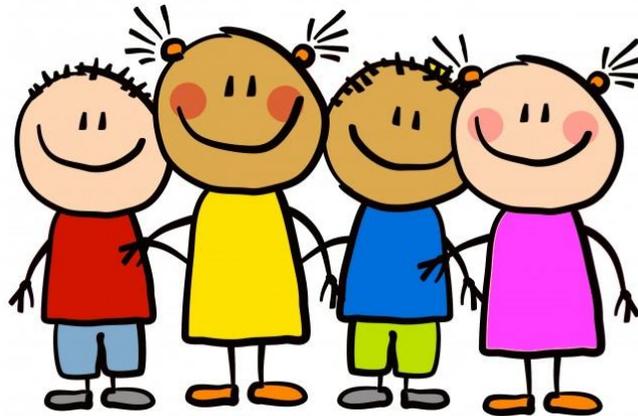
Contributors: Chloe Chen, Alex Liau

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The Importance of Training – How Can It Be Generalized to The Real World?

Home Based Intervention?

School Shadow Support? You might have already heard of the benefits – **behaviour management, and developing social, personal, and intellectual skills** – with the **overarching long-term goal: helping your child gain independence.**



Based on various intervention strategies that has been widely proven to be effective, such as **Applied Behaviour Analysis (ABA)**, the results from the training we provide for your child will go beyond home and classroom settings. These skills will be utilized in the real world.

Here are **3 main reasons** as to how therapy can be generalized to a real-world setting:



1. Discipline

From the first encounter the child has with the therapist, the groundwork is placed for the establishment of great discipline.

<i>Good Sitting</i>	A behaviour that is greatly reinforced; does not tolerate sloppiness, and is the foundation for a good working-attitude.
<i>Hands Ready</i>	Does not tolerate fiddling with objects and greatly encourages attentiveness.
<i>Keeping Quiet</i>	For greater concentration that encourages attentive learning.
<i>Eyes Looking</i>	Encourages child to focus on the task at hand, and does not tolerate a wandering gaze.
<i>Good Listening</i>	Listening to instructions and promotes attentiveness for better cognitive-processing.



When all of the above is mastered, the child will have attained great discipline. This will greatly benefit them when they move on to higher academic levels. More importantly, this will benefit them when they become adults and are part of the workforce.

For example, *Eyes Looking* will prepare and allow the individual to focus on relevant information. It also trains eye-scanning to look at or find the required information to complete a task. An instance where it can be advantageous to the individual, as well as promote independence, is when taking public transport. It helps in looking for signs that will assist in travelling to the correct destination. Eye contact is also an essential social skill so that the individual will not appear rude and create a negative impression – for instance, when having a conversation with colleagues or acquaintances who might not have the knowledge of the individual's disability or difficulties.

2. Articulating Wants and Needs



During Home Based Intervention and School Shadow Support, one of the trainings the child undergoes is articulating requests (which starts from short phrases, and then to long sentences).

When a child throws tantrum or has a meltdown, one of the reasons is due to not being able to articulate what they want or need. With training, children learn how to express themselves with short sentences (e.g., "I want...") to longer sentences (e.g., "[name], may I have..."). This skill is essential for a child to grow into an independent individual who can communicate their wants and needs effectively.



3. Working Towards Goals

Everyone needs goals in life, no matter how small or big, to work towards. Goals bring about perseverance, resilience, and requires discipline. During training, small goals are set to encourage a child to work towards it by maintaining and performing certain requirements.

For example, the token economy can be used to enforce the 5 aspects mentioned above – *Good Sitting, Hands Ready, Keeping Quiet, Eyes Looking, and Good Listening*. When a child maintains one of these behaviours, they will get a token. When they have collected enough tokens, they will get a reward as their goal has been reached. With the early introduction of setting and attaining goals, children will grow up to have more complex goals of their own. When they do, they will require the qualities of perseverance and resilience to reach them. This will allow them to be driven individuals as adults, in the workforce, and in their personal lives.



Early Intervention not only helps the child now but will bring about even greater long-term benefits.

Nurture Pods are the industry experts in helping children with special needs **transit** from early intervention therapies (ABA therapy, occupational therapy, speech therapy, social skills class) to mainstream schools and “outside home” setting. “Outside home” setting means teaching a child simple life skill such buying items from school canteen, supermarket to

taking a public bus home themselves.

GENERALIZATION of what are learnt at various therapies to mainstream school and “outside home” environment is **crucial** for children with special needs to adapt to the outside world.

For more information on our services, please visit www.nurturepods.com (click on ‘Our Services’ tab)

Reference

MacDonald, Parry-Cruwys, & Peterson, P. (2017). Philosophy and common components of early intensive behavioural interventions. *Handbook of Treatments for Autism Spectrum Disorder*, 191-208.