



Nurture Pods
EARLY INTERVENTION CENTRE FOR CHILDREN

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How to enforce discipline when doing school homework with the child

A common phenomenon faced by parents is that children often throw a tantrum when parents complete homework together with the child. As parents, it is natural to give in to the demands of your child. However, giving in is not the best solution as the child might continue to throw a tantrum whenever work has to be done.



Amongst all the treatment modalities for children with Autism Spectrum Disorder (ASD), the Applied Behavior Analysis (ABA) therapy has been shown to be the most effective.

2. Task Schedule

Break down the process of doing work into small steps. Write out visually the various tasks they have to complete before they finish and get their break.



Place this visual task schedule in front of the child so that the child can look at it while doing work. A visual schedule helps to increase predictability and motivate the child to strike things off the list. Children with ASD prefer routine, and a task schedule provides a structure for them to follow.

3. Expected behavior

Enforce the basic behaviors that the child is expected to display throughout the session of doing homework. This can vary depending on the behavior of the child. Common examples include good sitting, hands down, quiet mouth or no phones allowed during work time. As children with ASD are visual learners, printing out pictures that demonstrates this behavior will help the child in understanding what they should display.

Work Rules

Good Sitting



Hands Ready



Eyes Looking



Quiet Mouth



Ears Listening



Place these visuals in an easily visible area for the child and point to these visuals whenever the child is not displaying the expected behaviors. Be firm when enforcing these behaviors. These visual prompts can be more easily faded as compared to a verbal prompt so that over time, your child will be able to display these behaviors independently.

In general, avoid punishments when your child displays a negative behavior as it yields a change that is not long lasting. Ignore negative behavior that your child displays and reward promptly whenever positive behavior is shown.



At Nurture Pods, the principles of ABA form the basis of our therapy work. For more information, visit our website at www.nurturepods.com

References

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