CAPTAIN X NEWSLETTER

Winter Edition

The Christmas holidays are a time of great excitement and anticipation. Holidays also mean changes in the schedule, visitors, crowds, lines, noise, and socializing. For children with ASD, the Christmas holidays can be a stressful and anxious time. Meeting family demands can be especially nerve-wracking, particularly if you want to break with time-honored traditions that just don't work for a child with autism. Here are a few ideas for making the holidays happy. **Happy Holidays!**

- Although it's very tempting to focus solely on what's going to be different at Christmas – and preparing your child for the things that are going to change is hugely important – always remember to also focus on all the things that are staying the same.
- During large gatherings, identify a quiet area for your child to go when overstimulated. Allow your child to choose what toys, movies, and books they would like to have in their quiet area ahead of time.
- Children with autism can be blunt if they don't like a present and this can be very hurtful to friends and family who don't know them well. To minimize the risk of this happening, practice gift exchange and appropriate responses utilizing role playing and prompting in the weeks leading up to the holidays. And remember to have fun!

Evidence-based practice in focus: Time Delay

What is Time Delay?

Time delay is an errorless learning teaching procedure. This practice is used to systematically fade the use of prompts by providing a brief delay between the delivery of an initial instruction and providing additional prompts. When teaching a new behavior or skill, the instructor prompts the child and then immediately provides the correct response. The instructor increases the time between the prompt and the student's response.

There are two types of time delay...

- **Progressive Time Delay:**
The waiting time between an instruction and any prompts is gradually increased.

- **Constant Time Delay:**
There is a fixed delay (generally 3-5 seconds) after using the initial 0 second delay.

The key to time delay is planning and data. Set the criterion ahead of time. Plan how many sessions you will do at 0 seconds before moving to the first time delay.

Implementation Steps

1. Establish learner's attention and provide instruction to begin the teaching activity.

2. When beginning to teach a skill using time delay, a fixed 0-second delay is used with both constant time delay and progressive time delay. There is no wait time between the cue and delivering the controlling prompt.

3. Constant time delay, implement a fixed delay (usually 3-5 seconds) after using the initial 0-second delay. Progressive time delay, gradually increase the delay between providing the cue and delivering the controlling prompt.

4. Respond to learner's attempts. If the learner correctly responds, offer reinforcement and state what the learner did well. If the response is incorrect or no response is provided, provide the controlling prompt.

TRY: During the Holidays try teaching food preparation, playing leisure games, wrapping presents, etc.

Evidence-based practice in focus: Prompting

What is prompting?

Prompting is an Evidence Based Practice. It is assistance; a hint or cue to respond correctly to an instruction with the purpose of teaching a new skill.

Prompting helps establish the connection between the instruction and the response.

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Prompting helps to ensure students are successful!

When do we prompt?

Ask yourself, what are the chances the student will respond correctly without any assistance?

If the answer is good- then DON'T prompt!

If chances are poor- Prompt!

Not sure- Prompt! (and evaluate)

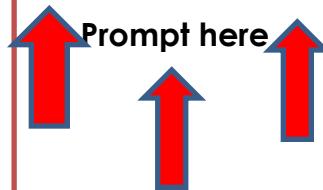### How do we prompt?

Select the most appropriate prompt.

Prompts should accompany the instruction *(just prior to, at the same time as, or just after the instruction)*

Increases the connection between instructions & response. Decreases prompt dependency! Increases independence!!!

All prompts must be faded!

Sample 1:

Instruction → Response ← Feedback

Prompt here

Prompts are provided along with the instruction- just prior to, at the same time as, or just after the instruction and **always before the response**.

Selecting Prompts:

*Consider a range/variety of prompts

*Use the least intrusive prompt that works for the student!

* Individualize prompts

*Select the prompt that is most likely to work (the prompt should lead to success)

*If a prompt does not work, switch to another type of prompt the next time

*Follow prompted trials with less prompted trials or independent trials!

*Reinforce prompted responses when teaching a new task and as prompts are faded

*If working on a skill that was already taught/mastered, do not reinforce on prompted trials- give feedback and try again

*Prompt when necessary and don't follow ridged rules

*Avoid inadvertent prompting

ONLINE RESOURCES

Autism Focused Intervention Resources and Modules: AFIRM Modules are designed to help you learn the step-by-step process of planning for, using, and monitoring an EBP with learners with ASD from birth to 22 years of age. Supplemental materials and handouts are available for download.
https://afirm.fpg.unc.edu/

Autism Internet Modules: Designed for those who support, instruct, work with, or live with someone with autism, The Autism Internet Modules (AIM) guide users through case studies, instructional videos, pre- and post-assessments, discussion questions, activities, and more.
https://autisminternetmodules.org/

California Autism Professional Training and Information Network: Learn more about how the use of Evidence-Based Practices are developed and supported across the state of California.
http://www.captain.ca.gov/

How to Use Prompts Effectively and Efficiently
https://theautismhelper.com/use-prompts-effectively-efficiently/

Tips for Home or School: Constant Time Delay Prompting
https://www.unr.edu/ndsip/english/resources/tips/constant-time-delay-prompting

Tips for Home or School: Progressive Time Delay Prompting
https://www.unr.edu/ndsip/english/resources/tips/progressive-time-delay-prompting

Using Time Delay to Fade Prompting
https://theautismhelper.com/use-time-delay-prompt/

Videos:

Constant Time Delay
https://www.youtube.com/watch?v=CssFi6TbRFo

Progressive Time Delay
https://www.youtube.com/watch?v=U7DbT0o7fUE

Least to Most Prompting
https://www.youtube.com/watch?v=qr65FnMs5xk

Most to Least Prompting
https://www.youtube.com/watch?v=A9X53qrIe0A