



CLASSofWestK



Newsletter May 08

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About Us

We offer a holistic service where we work in all elements of the child's education, not excluding social and emotional health which is hugely important for children with ASD. Our program also tailors to the individual rather than other programs where the child fits into the group. Our teachers are also trained in behavior intervention techniques and are experienced in providing a fully structured, fun and enriching environment.

We provide a service similar to other providers but without the huge wait lists and for clients on the Westside of the bridge and in areas south of Kelowna as well as families in Kelowna

We will also be providing behavior intervention for parents who prefer a one on one service, that is available in home or at our centre. Further to those services we will be offering counselling to families and individuals.

We understand fully the aspects of Autism, ADHD and many other neurological disorders. We also welcome not just the child but the family as a whole and support the family in our programming, welcoming them into our centre and teaching them the strategies we use so there is consistency over the home and school environments.

CLASS News- We have our new premises!

Excited to say we have signed on the dotted line and have our new home. The centre will be based in the Alliance Church, the address is shown above. It has a fantastic location, close to CNB and MBSS schools!

The new centre has a very large, safe and well lit room, with lots of natural light. There is a fully enclosed rear garden to provide lots of outdoor activities.

Once we are all set up, we will be having an Open House!



Summer Social Camps coming soon

Starting in the first week of July. We will have weekly themes, community outings and lots of craft and fun activities. The emphasis will be on establishing social skills that will help the child to develop the ability to participate in functional conversations and peer relationships. Sessions will initially be twice a week, on a Tuesday and Thursday from 9 to 12am.

Spaces are limited, so please book early to avoid disappointment.



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Newsletter May 2018

Topic Of The Month

Clients often come to me when they want to make a behavior change with their children and say "He just won't do it for me, what do I do?" My response is always "What is his motivation?" and the parent says something like "To clean his room" and I say "No that is **not** his motivation, that is your motivation, he's happy living in that mess"

In order to change a behavior we need to provide a **motivation** for the child, and it needs to be tangible and something they desire. As behaviorists we often talk about the ABC's of behavior (Antecedent, Behavior, Consequence) in a negative way when diagnosing maladaptive behaviors, but the ABC's of behavior can also be used to our benefit. The A is the motivation, The B is the task we set and The C is the reward.

I would like to talk about Token economies as a way of encouraging behavior change. My motivation of choice is a Token Economy, I find this works well for children that are old enough to understand currency. My favourite form of token economy is a Jewel Jar.

How Does A Jewel Jar Work

The child works for tokens in exchange for a reward, you set the currency (how many jewels) and between you and your child you decide what the reward will be. In order to make this work the rewards have to be **easily achieved**, he can "shop" for rewards when he has enough or he can save up for a big reward.

For example if he likes candy, set a price of 5 jewels for candy etc., if he wants a new skateboard that's going to take a lot of tokens and he may become unmotivated if he has to wait too long. One way of dealing with that is to take a photo of the skateboard and use a visual where he can add parts of the skateboard as he earns the jewels. For example if 20 jewels = a wheel, put a pic of the wheel on the visual and so on, this way he can see his progress and is still motivated to carry on earning.

So let's use the example of cleaning the room, well that is vast and abstract. **We need to break it down into achievable segments**. If the task is too big he will not be motivated, let's set them up for success by keeping the task achievable.

First let's give him one task, for example put all your Lego away in the bin.

When complete he will earn himself 5 jewels for his jar. Always keep a log of the tokens earned, the currency for each task and when he earned them. Kids get smart if we forget that cleaning Lego was worth 5 tokens yesterday and we only gave them 3 today! You can always give them extra tokens for being compliant when completing the task etc. I would be careful when using a timer for task completion that may induce stress and decrease motivation.

Token economies work well if the goals are achievable and the prize is highly motivating for the child, you can set several different goals and different rewards as long as both you and your child can negotiate the system, the world is your oyster and as long as your child buys in (pardon the pun!) you are good to go. Some families are really creative with their exchange systems and make a real little shop for their child to actually go shopping in or set a time of day where the shop is open for jewel exchange.

I find this form of motivation has many benefits and is endless as long as the child is motivated to work for the reward, I feel it also sets them up for many life lessons, we all have to work for something we desire and the lesson can start at an early age with something as simple as cleaning up Lego in exchange for jewels. I have known families where the kids was so motivated, he earned his new skateboard within a week!



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Newsletter May 2018

Local Information

Useful Links

ADHD Inside and Out-Dan Duncan

<https://bcinterioradhdclinic.com/coach/adhdinsideout/resources/adhd-websitesresearch.html>

Distance Learning Support-Ascend Online

<https://ascendonline.ca/>

Speech Pathologist Recommendation-Sarah Dhoge

<https://m.facebook.com/okanaganslp/>

Naturopathic Physician Recommendation-David Hatton

<https://www.helixintegrativehealth.ca/dr-david-hatton>

Free Counselling Support-Kids Help Phone

<https://kidshelpphone.ca/>