



# TEPS CHRONICLES

Monthly Newsletter

Always a Step Ahead

December 2017

## STEPS SUPER STUDENT!



**Name:** Kosta (age 8)

**RBTs:** Mr. Frank & Mr. James

**Favorite Learning Subject:** Social Skills and Reading

Our friend Kosta is a fun loving kid who loves working hard to earn Mario Kart breaks with his friends. Kosta has been showing phenomenal progress since entering into the STEPS program. His RBT's report great progress on increasing expected behaviors and also in his DTT programming. In the last quarter of the year, Kosta has fully mastered 13 programs and continues to show results on new DTT targets! With his above and beyond progress, he has been selected our STEPS SUPER STUDENT OF THE MONTH!

### What is

### Social Skills Group?

Written by: Quin (age 16)

In Social Skills Group, we talk about how to be good friends, For example: Being a good friend means sharing & taking turns. Being a good friend also means caring for someone, such as asking someone what's wrong if they're upset. We also get to play some fun learning games such as the matching games, board games, and Wheel of Fortune! It's fun to learn and practice skills while we play these games.

We have also learned about electronic communication. We have many ways of contacting each other, such as texting with phones, calling with phones, and even using things like pictochat with the Nintendo DS, though there are rules with electronic communication. You don't want to get too personal in text messaging because what if you send something personal or inappropriate and someone is watching? That can get you in big trouble. You also want to give a cover story for why you are starting and ending a phone call or text.



Charles and Quin show us how to make proper eye contact while greeting a friend

### Upcoming Events

December 21<sup>st</sup>: STEPS Parent Training: Building Language

December 23<sup>rd</sup> & 24<sup>th</sup>: No Treatment. Knapp Center will be closed for Christmas. Enjoy your holiday!

January 1<sup>st</sup>: No Treatment. Knapp Center will be closed for New Years Day

January 15<sup>th</sup>: Martin Luther King Jr. Day: No Treatment STEPS: Staff in service

January 25<sup>th</sup>: STEPS Parent Training: Behavior Management



Charles put his vocational skills to work over the summer by helping at a local Equine Center

## STEPS Vocational Group

Written by: Kylie age (15)

Vocational Group is for older kids that have to learn how to do different jobs, such as: sweeping, making a bed, and folding towels. We have been working on learning how to work at a hotels and libraries. The RBT's help at first, but after that we begin to understand and we get to complete the jobs by ourselves. Vocational Group will help us use these skills in the future by ourselves.

During vocational group, we learned about jobs in hospitality. In hospitality, we learned how to do lots of things, like: stocking a hotel beverage cart, putting sheets on a bed, folding a sheet, making a bed, folding towels, putting on a pillow case, restocking bathroom supplies, and greeting guests. This will help us get ready if we wanted to work in a hotel one day. Hospitality was not easy, but we did it! I think we did a very good job learning about this subject in group.

During vocational group, we learned about how to work in the library. During these lessons, we learned how to do many things, like; how to greet someone at the desk, how to find books someone is looking for, how to shelve books in the right place, alphabetizing books, and how to find non-fiction and fiction books on the computer. If we want to work in the library one day, this will help us to work there. Working at the library can be fun! There was a lot to work on in this section. We are still learning how to work at a library like the awesome kids we are!

### Chaining: Monthly Tip Sheet Written By: Stephen Bada RBT

**What is Chaining?:** Chaining is a procedure used to break down each step of a more complex skills into individual steps. It is often used to teach multi-step independent living skills, however, many sets of behaviors can be considered chains. For example: Brushing teeth: Target 1: Individual will touch the toothbrush. T2: Individual will hold the toothbrush. T3: Individual will touch the toothbrush to their mouth. T4: Individual will touch toothbrush to their teeth. T5: Individual will swipe toothbrush across teeth 1-5 times. T6: Individual will brush teeth for 10 seconds. (targets can be added depending on the how difficult the skill is for the child)

**What types of Chaining are there:** **1) Forward Chaining:** this involves starting with the first step of the chain and teaching this step to mastery before moving on to the next step with the first two responses now being taught to mastery and so on. **2) Total Task Chaining:** this involves a variation of forward chaining where the first step is taught to mastery; however, the remaining steps are prompted by the caregiver or teacher until completion of the activity. **3) Backward Chaining:** this involves having the caregiver or teacher perform all steps in the chain, except the last step, teaching the last step to mastery before moving on to the second to last step and last step being taught to mastery and so on.

**Additional Tips:** Chaining can be very effective way to breakdown and teach complex skills. Different types of chains can be more effective for individual learners and the type of task being taught. Often, we teach total task chaining for activities the child must complete such as brushing their teeth or drying off after a shower. Visuals can be a great addition when teaching a chain to use pictures to show each step and the order they are followed.



Our friend Izzy working on a total task chain for brushing teeth

STEPS Featured artist: Tia (age 13)

Title: Bunnies

