



CAPTAIN X Newsletter

Winter 2023 Edition



The holiday season is usually a time to gather with family and friends. To make these gatherings less stressful for your child, here are some accommodations that may help:

Have a favorite or preferred item for your child. This is something that helps calm your child and focus their attention. Examples include fidget spinners, headphones, books, or a tablet. Decide on a code word or signal that your child can use to tell you when they need a break.

Reconsider decorations such as blinking lights or decorations that make sounds that are distressing to your child. As much as possible, help prevent sensory overload.

Make sure there's a quiet space, like a bedroom, where your child can take a break. It's OK if your child needs to spend some time alone amid so much excitement.

Make a photo album with pictures of the people your child will see and practice greetings and possible questions. The more you can prepare your child for who they will see and the scripts you can give them, the more enjoyable the gathering will be. Prepare your child too that there may be people they don't know. Give them a simple phrase like, "I have to excuse myself now" to use when they are uncomfortable and need a break.

Evidence-based practice in focus: Augmentative and Alternative Communication (AAC)

What is Augmentative and Alternative Communication?

Interventions that use and/or teach the use of a system of communication that is not verbal/vocal including aided and unaided communication systems. (National Clearinghouse on Autism Evidence and Practice Review Team, 2020)

- Aided: no-tech systems (e.g., objects, pictures), high-tech systems (e.g., phones, tablets, speech generating devices)



- Unaided: e.g., manual signs, gestures



Sample 1: At Home

“Symbolize” your home: place communication symbols where the child commonly goes (e.g., kitchen table, toy box, bookshelf, refrigerator, bedroom, doors around the home).

Wear the communication symbols on lanyards, wristbands, and aprons and use the symbols yourself to talk to



your child.

Sample 2: In the Classroom

“Symbolize” the classroom: Place core boards and vocabulary around the room, provide easy access to symbols, select appropriate vocabulary, model AAC, support a variety of communication modes.

Place symbols where students are (e.g., play area, break or sensory area, restroom, academic centers, vocational work area, recess).



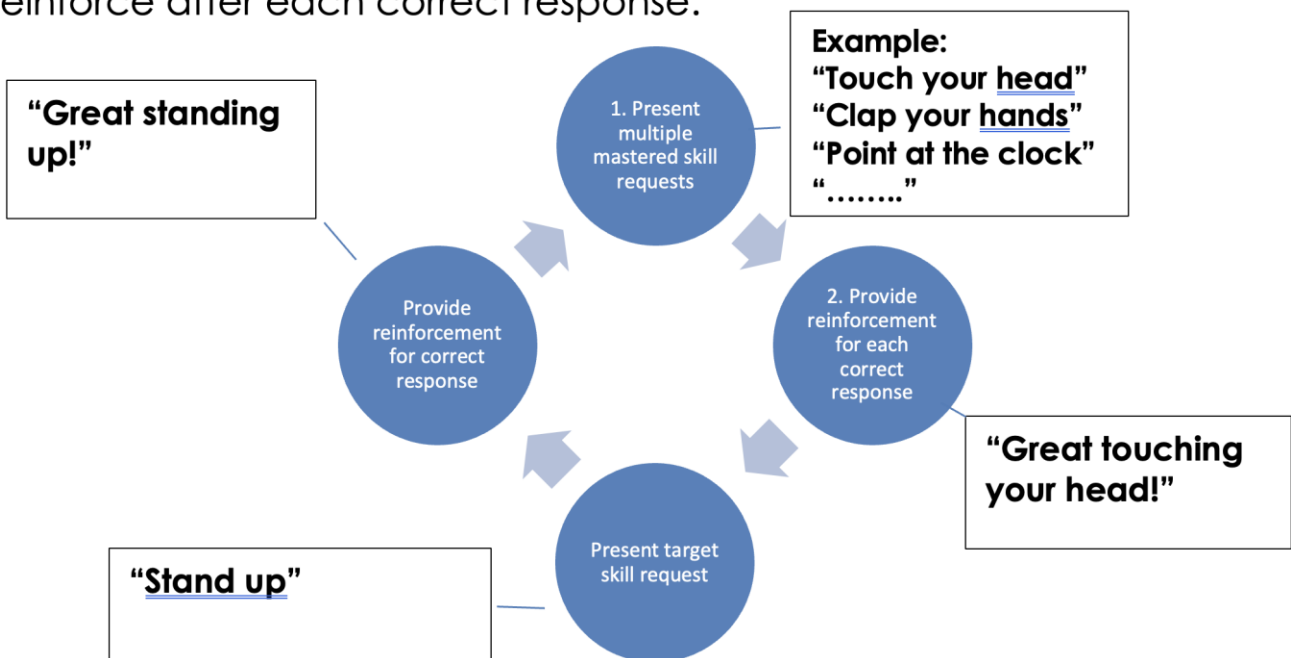
Evidence-based practice in focus: Behavior Momentum intervention (BMI)

What is Behavioral Momentum Intervention (BMI).

BMI supports compliance and skill acquisition by presenting a series of easy mastered tasks before a new or more challenging task is presented. When instructional requests are presented rapidly in an **easy-to-hard** sequence, compliance with the more difficult target skills increases. The learner experiences a high rate of correct responding and reinforcement during the easier skills of the teaching sequence, which builds the momentum of compliance and correct responding that carries over to the new or more challenging target skill.

There are three main components of BMI:

1. Request 3-7 mastered skills at a rapid pace.
2. Immediately followed by a request to perform the target skill.
3. Reinforce after each correct response.



RESOURCES

Event Calendars

Autism Society Inland Empire Event Calendar:

<https://ieautism.org/events/month/2023-12/>

Inland Regional Center Event Calendar:

<https://www.inlandrc.org/calendar/>

Social Stories

Winter Break Social Story:

https://drive.google.com/file/d/1c3hUqDqzOliLdHjJUP_W6FFaZRlu6VH_/view

Visiting Santa Social Story:

https://drive.google.com/file/d/13_I6RkXsTIJ-W3GS10JW2mxuqJvL9BDM/view

Spring Break Social Story:

<https://drive.google.com/file/d/1sOcdQrg7pQQb078oB2eQekwgJTmwPAtb/view>

Other Resources

Autism Society Inland Empire Social Recreation Resources:

<https://ieautism.org/social-recreation-resources/>

Winter Activity Pack:

<https://www.teacherspayteachers.com/Product/ChristmasWinter-Activity-Pack-FREE-81-Pages-1516864?st=316f384afabb18244f87b0b58754d705>

Pop-Up Christmas Card Craft:

<https://www.teacherspayteachers.com/Product/Pop-Up-Christmas-Card-Craft-2248955?st=28a642dff56687af0c63c3423b35d6c7>

Spring Scavenger Hunt:

<https://www.teacherspayteachers.com/Product/FREE-Spring-and-Summer-Outdoor-Scavenger-Hunt-for-Speech-and-Language-3730283?st=4bc14d4c505c09a4c0bdf83755d5ce06>