

Behavior Support: Family Intensive Training

Supporting Families by Reducing Stress and Strengthening Connections



The Purpose of Easterseals Family Intensive Training

Family Intensive Training (FIT) at Easterseals Florida helps families:

- Learn practical, evidence-based strategies to support their child's behavior and communication
- Build skills that can be used immediately at home and in the community
- Reduce stress and increase confidence in daily routines
- Strengthen family relationships through hands-on coaching
- Receive individualized guidance tailored to their family's needs

Who would benefit from the FIT program?

- Families waiting for a diagnosis or currently on a waitlist for ABA services
- Caregivers with children experiencing behavioral, emotional or developmental challenges
- Families feeling overwhelmed and in need of additional support and guidance
- Caregivers seeking practical tools to manage daily routines and transitions
- Families looking to strengthen communication and positive interactions at home
- Caregivers interested in learning evidence-based techniques they can use long term



What Makes FIT Different

- Hands-on, family-centered coaching, not just instruction
- Strategies tailored to your child and daily routines
- Support that meets families where they are

How FIT Works

- 10 weekly sessions with a BCBA
- Real-life practice in home and community settings
- Ongoing guidance to build confidence and consistency

What Families Gain

- Reduced stress and improved daily routines
- Tools families can continue using long term
- Stronger communication and family connections