



Comprehensive Parent Training Program for parents with children with Autism Spectrum Disorders (ASD)!!

Research shows that parents with a child with ASD endure significantly elevated parenting stress than any other parent with a child with special needs, including terminally ill children. This daily, chronic stress can and will often lead to personal, family, and marital problems. What's more is that these problems have shown to negatively impact the quality of life for everyone in the immediate family.

So what can be done? Some of the main stressors which parents report are...

- ...I don't understand what my child wants,
- ...I don't know how to get my child to listen,
- ...I don't understand why my child does some of the things he/she does,
- ...I need to do everything for my child,
- ...I'm upset that my child isn't interested in his/her siblings,
- ...I can't afford all the therapies (this is a big one!)

KGH is extremely proud to present an intensive four week parent training program that educates and empowers parents to be more successful with their child with ASD. This interactive course includes discussions that are specific to your child. Furthermore, numerous video examples will be shown to bring these difficult concepts to life in order to offer practical, hands-on support.

Our goal is to provide parents with information, support and confidence in order to decrease some of the main stressors of parenting a child with ASD. Doing this will help the quality of life for the entire family!

Parent Training Class Makeup and Contents:

Two 1.5 hour classes per week at KGH &
One 1.5 hour session in your home each week in order to effectively
and successfully implement learned concepts as well as celebrate success together!
12 hours of interactive class time & 6 hours of supportive home visit time

→ over

Session One: Autism Spectrum Disorders (ASD)

Session one reviews and explains the diagnosis of Autism Spectrum Disorders (ASDs) by teaching families the three core symptoms of the disorder. Discussion focuses on how the three areas overlap and affect a child's overall development.

Session Two: Applied Behavior Analysis (ABA) and alternative ASD treatments

Session two focuses on explaining the evidenced-based practice of applied behavior analysis with children with autism. Families will also be exposed to alternative treatments that are widely discussed.

Session Three: Creating Successful Interactions with Your Child

Session three focuses on increasing the opportunities and improving the quality of interactions with your child using motivational strategies.

Session Four: Problematic Behavior - Why is it happening?

Session four helps parents understand how to determine the possible causes of problematic behaviors.

Session Five: Strategies to Eliminate Problematic Behavior and Increase Positive Behavior

Now knowing why problematic behaviors occur, session five provides parents the tools to effectively decrease the problematic behaviors, as well as, increase positive prosocial behaviors.

Session Six: Behavior Intervention Planning for Your Child

Session six offers strategies and guidance in creating an effective, child specific, behavior intervention plan to decrease negative behaviors and increase positive behaviors.

Session Seven: Promoting Independence

Session seven focuses on increase quality of life by promoting independence through teaching effective strategies for toileting, eating, sleeping, dressing, and other important self-help skills.

Session Eight: Putting the puzzle pieces together - What you need to know!

Session eight focuses on putting it all together so that parents can make educated decisions in creating the most comprehensive, effective course of treatment for their child.

Class times are conveniently scheduled:

Tuesdays & Wednesdays

Evening session - 6:30pm - 8:00pm

New Classes starting the first Tuesday of every Month!!

Cost: \$1695 – includes up to 2 parents/caregivers, materials, resources as well as home visits.

Each class will be closed at a maximum of 8 families. This will ensure individualized support!

Call Debbie at 847.498.5437 to reserve a spot or email us at info@kghconsultation.org