

## Lake Ridge Community Support Services

Making and Maintaining Friendships: Teaching your School Aged Child Social Skills



**LRCSS**  
Lake Ridge Community Support Services



---

---

---

---

---

---

---

## Objectives

In this workshop you will:

- Learn how to teach various social skills using the Behavioural Skills Training (BST) approach.

*\*\*The content of this presentation has been developed for a parent audience, but the strategies that we will discuss can be used by other caregivers such as support workers and teachers.\*\**

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Behavioural Skills Training

Four components of the BST approach:

- Instructions
- Modeling
- Rehearsal
- Feedback

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Instructions

Instructions describe the appropriate behaviour that you want the child to do and explains why such behaviours are important for successful social outcomes.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Instructions

To be most effective, instructions should be:

- Specific
- Age appropriate
- Presented at a level that the child can understand

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Instructions

Continued...

- Delivered by someone who has credibility with the child
- Presented when the child is paying attention
- Repeated by the child

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## How to Provide Instructions

- Example of providing instructions:
  - Read the social story to child
  - Ask him/her questions about the story
  - Practice variations of the skill while reading the story

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Modeling

With modeling, the correct skill is demonstrated for the child. The purpose is for the child to imitate the model.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Modeling

To be most effective, modeling should be:

- Live or symbolic
- Taught in the proper context
- Repeated
- Followed by an opportunity to rehearse immediately
- Age appropriate

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## How to Model

- Make it Fun!
- Examples of Modeling:
  - Social Stories (The Original Social Story Book, The New Social Story Book)
  - Video Modeling (Model Me Kids, Cartoons)
  - Play (Puppets, Figurines)

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Rehearsal

Rehearsal is the opportunity for the child to practice the skill after receiving your instructions or watching your model.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Rehearsal

- To be most effective, rehearsal should:
  - Ensure the child can demonstrate the skill(s)
  - Provide the opportunity to give feedback to the child

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## How to Rehearse the Skill

- Examples of Rehearsal:
  - Have the child practice the skill, using a variety of materials
  - Deliver prompts as required
  - Role-plays

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Feedback

Feedback involves praise and reward for correctly displaying the skill. It may also involve correction of errors or further instructions to improve skill performance.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Feedback

To be most effective, feedback should be:

- Given immediately
- Always involve praise or other rewards
- Involve praise that is descriptive
- Include positive corrective feedback rather than focusing on the negative

Lake Ridge Community Support Services

---

---

---

---

---

---

---



## How to Provide Feedback

- ▶ For **correct** responses/attempts provide descriptive praise with enthusiasm
  - "Wow great job practicing saying 'hello' to your friend at the bus stop"
  - Social positive attention (e.g., hugs/high fives/pat on the back)

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## How to Provide Feedback

- ▶ For **incorrect** responses or attempts provide neutral praise and model a correct response
  - "Good try but this is how you say hi to Grandpa when he comes to visit"

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Priming

- **Priming** = Providing the child a cue/hint to what they need to say or do
  - "Remember, when you see \_\_\_\_\_ at school today you can ask them to play basketball with you"
  - "What can you say to Sarah today now that you know her grandma died?"

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Priming

Where can you prime?

- In the car before arriving to Grandma/Grandpa's house
- At the bus stop
- Before a birthday party

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## What is Generalization?

- A teaching process that is used to ensure that a new skill can be performed in various situations.
- A person has generalized a new skill when they can use that skill in different places, with different people or at different times.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## What is Generalization?

For example:

- **settings** (home, school, grandma's)
- **people** (mom, dad, uncle, teacher)
- **time** (today, next week, next year)
- **materials** (crayons, pencils, pens, paper, whiteboard)

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## "Setting-Up" Situations

- Set up the environment at home in a way that will make your child use the skills that they have learned

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## "Setting-Up" Situations

For example:

- Dad walks past with an armful of books: will set-up a situation where they would be expected to offer help
- Have a friend call on the phone and your child has to answer it (greetings)

Lake Ridge Community Support Services

---

---

---

---

---

---

---

## Choosing a Target Skill

- Conversational Skills:
  - Maintaining appropriate physical distance from others
  - Tone of voice
  - Greetings
  - How and when to interrupt

Lake Ridge Community Support Services

---

---

---

---

---

---

---



## Choosing a Target Skill

- Play Skills:
  - Asking someone to play
  - Compromising
  - Sharing

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Choosing a Target Skill

- Friendship Management
  - Sharing a friend
  - Offering help
  - When to tell on someone

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Resources

**The Original Social Story Book**  
 Gray, C. (1993). The original social story book. Arlington, TX: Future Horizons Inc.

**The New Social Story Book**  
 Gray, C. (2000). The new social story book. Arlington, TX: Future Horizons Inc.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Website Resources

### **Carol Gray**

<http://www.thegraycenter.org/social-stories/carol-gray>

### **Jill Kuzma**

<http://jillkuzma.wordpress.com/>

### **Model Me Kids**

<http://www.modelmekids.com/>

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## References

Cooper, J.O., Heron, T.E., & Heward, W.L. (2007). *Applied behaviour analysis*. (2<sup>nd</sup> ed.) Upper Saddle River, NJ: Pearson Education Ltd.

Miltenberger, R.G. (2008). *Behaviour modification: principles and procedures*. (4th ed.) Belmon, CAL: Thomson Wadsworth.

Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Questions



Lake Ridge Community Support Services

---

---

---

---

---

---

---

---

## Contact

**Facilitators:**  
Katey Danaher-      kdanaher@lrcss.com  
  
Jessica Janssens-      jjanssens@lrcss.com

**Lake Ridge Community Support Services**  
900 Hopkins Street, Unit B  
Whitby, Ontario  
905-666-9688  
www.lrcss.com

Lake Ridge Community Support Services

---

---

---

---

---

---

---