

Getting There Together

Spring 2020



Teaching Children How to Express What Hurts

Sometimes it can be challenging for children with Autism and language delays to communicate that they are in pain and to say where the pain is coming from. They may not have the language to explain or understand the question, “What hurts?” Here are some strategies that can help children express when they are in pain.

When your child has a visible injury such as a skinned knee or bump into something, label the pain by saying, “ouch,” or, “boo-boo.” Place a Band-Aid on the visible injury each time, even if one is not truly needed. For children that will not tolerate having a Band-Aid on them, you can use another item/object such as an ice pack or wash cloth. Limit the use of that item to injuries/pain only. Your child will begin to associate pain with the labels, “ouch,” and, “boo-boo,” and also with the designated item. Eventually,

if your child is not feeling well, you may be able to hand them the Band-Aid or other designated item while saying, “where is ouch,” and they place the Band-Aid on what’s hurting them (their ear, belly, etc.).

Reading the “What Hurts” social story, which can be found on our website, may also help to practice these skills.

[Download the "What Hurts" Social Story](#)

POTTY TRAINING SERVICES

Did you know that ABA Connections of PA offers toilet training services? We offer various options to choose from to best meet you and your child’s needs. Contact us today for more information.



Let's Talk Potty Time!

We know potty training can seem like a daunting task. Let us help you tackle this hurdle with ease. Meet with our experienced staff members to answer your potty training questions & formulate the right equation to achieve potty training success.

We require this one-hour consultation to assess your child's readiness to begin potty training and help make it a success. Signs that your child is ready to begin potty training include a willingness to sit on the potty and/or inkling that he/she is wet, tolerating flushing, washing hands, and an independence with pulling pants up and down. Based upon your answers to our detailed questionnaire, we can work out a plan to jumpstart your child's potty training game and give you the tools needed to get your child prepared for toilet training.


After meeting with one of our expert potty trainers, you can choose how you would like to proceed from the two options listed below.

1. Let's Get Started!

This is our crash course session where we will teach & review the step by step plan that utilizes the principles of Applied Behavior Analysis, to throw your own Intensive 3-Day Potty Party! Toilet training can be a frustrating time for many reasons. Our experienced staff uses a scientifically proven method to develop a plan for each individual child. We have successfully toilet trained children of all abilities including Autism Spectrum Disorder. This consultation provides you with all of the tips and tricks that our toilet training experts have acquired from years of experience. A potty training guide & data sheets are also included to keep track of your Potty Training progress. With our guidance you can successfully throw your own Intensive 3-Day Potty Party & finally ditch the diapers for good! A 1-hour follow up visit is included with this option.

2. It's Potty Time! Let's get the Potty Started!

After the completion of the "Let's Get Started" course, you have the option to add "It's Potty Time!" With this option you can have one of our very own expert potty trainers there with you to keep the potty party on track. We offer to be there with you from 1/2-day to 3-Day sessions based on your potty training needs. Having our experienced potty trainer by your side can help



to take the stress out of potty training. The best parties usually have a party planner behind them so why not have us help make your potty party a success?! A 1-hour follow up visit is included with this option. Additional follow up visits and phone consultations can also be added to all of our packages.

**Currently all consultations are being conducted virtually.

Shaving Cream Rain Cloud Craft



What You'll Need

- A clear glass, bowl, or vase
- Food coloring
- Shaving cream
- Small containers that hold 1-2 ounces
- Water
- $\frac{1}{4}$ tsp measuring spoon

How To:

- Fill your small containers with water
 - the less water you use, the more concentrated the food coloring will be, and the faster your “rain” will fall
 - the more water you use, the more “rain” you’ll be able to make
- Add different colors of food coloring to each of your small containers
- Fill your clear glass/bowl/vase about 2/3 full
- Top that with a generous amount of shaving cream to make your cloud
- Use your ¼ tsp measuring spoon to drop different colors of water onto the shaving cream cloud
 - The closer you drop to the edges, the faster it will go through the shaving cream and come down as rain
- Describe to your kids that the water is like the air and the shaving cream is like the clouds. As the clouds get saturated with water, they produce rain.

“Wearing a Mask Keeps Everyone Safe” Social Story



Adjusting to new routines is difficult and often frustrating. Learning to do something new is a challenge. Just think back when you tried to start a new diet, exercise routine, or stick to a new budget. It's hard! Learning new habits requires practice. Practice makes progress. One way to help your little ones learn something new is through reading a social story. A social story is a short visual guide that helps explain social situations through pictures and clear language.

Big changes have already started to impact our lives. Wearing a mask is a new part of our daily routines. Check out our social story, *Wearing a Mask Keeps Everyone Safe*, on our website. This is a free printable resource to help your children understand why masks are important and to help them feel more comfortable with the new change in their daily routine.

While reading the story, personalize it by inserting family names. You can ask your child to read it back to you. Have him/her pretend to be mommy/daddy/teacher and have story time. Make it fun and keep staying safe!

[Download the "Wear a Mask" Social Story](#)



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