September NEWSLETTER

BehaviorSpan
Founded in 2015



Clinical Corner

Teaching Clear Expectations to Autistic Children

- Children learn expectations best when adults clearly explain what they should do, provide appropriate support, and reinforce successful attempts. Expectations should be individualized to the child's developmental level, communication style, and needs.

1. Tell your child what to do

Instead of focusing only on what the child should not do, describe the expected behavior.
Instead of: "Don't run." – Try: "Walk next to me."

2. Keep instructions short and clear

Use simple, concrete language. Avoid giving several directions at once when the child may have difficulty processing multiple steps.

3. Use visual supports (pictures, checklists, whiteboards)
4. Demonstrate expected behavior (model saying hi to people)
5. Reinforce appropriate behavior in the moment (Good job putting your shoes on when asked!)
6. Provide choices when appropriate
7. Prepare your child for changes (10 mins until bathtime)
8. Avoid saying to many "Don'ts"
9. Allow processing time, after giving an instruction, give the child enough time to process the information and respond. Repeating the instruction many times or immediately adding additional directions may make it harder for some children to respond.
10. Practice expectation outside of behaviors. (work on waiting, asking for help, or cleaning up)

Weekly Themes

8/31–9/4– Post Cffice, Doctor, Dentist

9/7–9/11– Firefighters and Police

9/14–9/18– Chefs and Builders

9/21–9/25–Transportation



Reminders/Events

- BehaviorSpan will be closed Monday, September 7th for Labor Day. Sessions will resume Tuesday, September 8th.
- The Walk With Autism will be Saturday, September 19th, at Berkeley Lake Park from 10am–1pm
  - Behaviorspan will have a table at the resource fair and a team of walkers. Join us!
- (9/21) Medicaid Support at Home– a free educational webinar hosted by Journey of Care designed to help families, members, and providers better understand and navigate covered home support benefits in Colorado

Contact Info

If you have questions, please reach out to our scheduling number:
Phone: (720) 335-5613

