

Behaviour Skills Training: Cheat sheet

A simple teaching method created by Dr. Raymond Miltenberger

explain This is usually where we start with any new task, but it's not enough to get us all the way.

If you were given a new job to do, and your boss did nothing more than explain your role, you would probably have a pretty rough time getting up to speed.

So, we start by talking and then take a more active role in teaching...

show Show your little learner exactly what to do.

Kids usually love to play the parent's role, so trade places, and have fun!

Try showing what to do, and what not to do. It's hilarious to watch children suddenly realize what it's like when the shoe is on the other foot.

rehearse It's the easy-peasy version of whatever you're teaching.

Go slow, play pretend, take tiny steps, and make sure the first attempt is a success.

Try a few more times, with the training wheels on. Take a few practice laps until you are ready

perform Now it's time to try it for real!

Plan to start when the odds are in your favour (i.e., the kids are not overtired, you haven't just come back from a business trip, no one has a fever, etc.)

The idea is to dip those little toes in the water, and discover that the water is fine!