

# THE CONSISTENCY BUILDER PLAN

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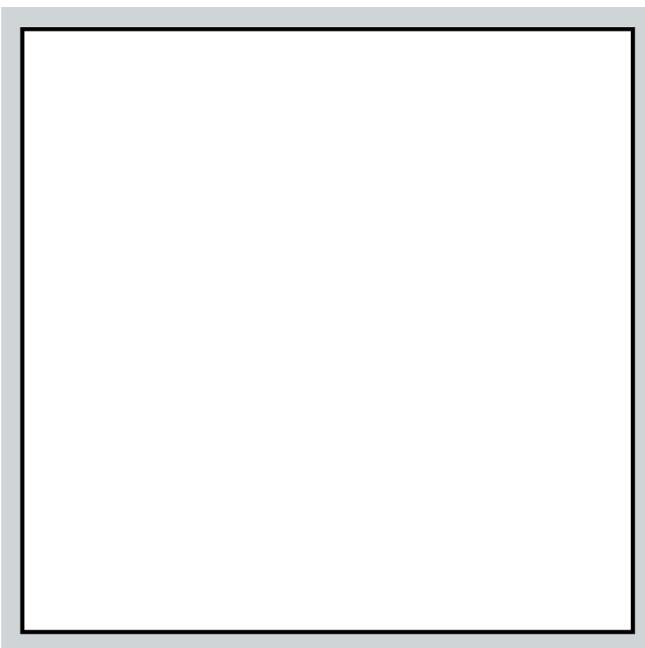
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## PURPOSE

The Consistency Builder Plan is designed for parents who struggle with maintaining consistency in implementing ABA strategies. This plan helps families develop structured routines, build sustainable habits, and troubleshoot challenges when plans don't go as expected. By focusing on predictability and reinforcement, parents will feel more confident in applying ABA strategies consistently, leading to greater success for their child.

## SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



## FAMILY PROFILE

Typical Characteristics of Families Who Need This Plan:

- ☐ Struggle with Follow-Through: Parents understand ABA strategies but have difficulty applying them consistently.
- ☐ Competing Priorities: Busy schedules, work, and other responsibilities make it hard to integrate ABA strategies seamlessly.
- ☐ Frustration with Progress: Parents may feel discouraged when they don't see immediate changes.
- ☐ Desire for Structure: They recognize the value of routines and consistency but need guidance in establishing and maintaining them.

# GOAL SETTING

## RECOMMENDED AND EXAMPLE GOALS

### Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

#### Building Habits

- ☐ Parent will implement a selected ABA strategy at least 3 times daily for 2 weeks, tracking progress with a habit tracker.
- ☐ Parent will follow a structured daily routine incorporating 2 ABA strategies for 1 month.

#### Using Visual Schedules & Routines

- ☐ Parent will provide reinforcement immediately after a target behavior in 80% of opportunities for 1 week.
- ☐ Parent will track and review their consistency with reinforcement using a self-monitoring tool for 2 weeks.

#### Reinforcement & Follow-Through

- ☐ Parent will provide reinforcement immediately after a target behavior in 80% of opportunities for 1 week.
- ☐ Parent will track and review their consistency with reinforcement using a self-monitoring tool for 2 weeks.

#### Problem-Solving When Things Go Wrong

- ☐ Parent will identify 3 barriers to follow-through and create a plan to address them.
- ☐ Parent will adjust their routine based on challenges and track the impact for 1 week

**Customized Goals for This Family:** (Write additional or revised goals specific to the family.)

# RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

## **1. Building a Collaborative Relationship with Your Child**

This lesson helps parents build trust and cooperation with their child, making ABA strategies easier to implement. It introduces ways to increase engagement, reduce frustration, and create shared positive experiences that support long-term learning. Parents who struggle with consistency often experience resistance from their child, making it harder to follow through.

## **2. Reinforcement**

This lesson teaches parents how to identify, select, and deliver reinforcement effectively. It provides strategies for making reinforcement practical and sustainable in daily routines while avoiding common reinforcement mistakes. Learning to reinforce behavior correctly makes interventions more effective and encourages consistency.

## **3. ABA Strategies That Stick**

Help parents understand how to use ABA strategies consistently in their daily routines. It highlights simple, actionable techniques that parents can implement to reinforce desired behaviors, reduce problem behaviors, and build new skills. By making strategies practical and easy to remember, this lesson ensures parents feel empowered and confident in their ability to support their child.

## **4. Troubleshooting ABA Strategies**

Parents learn how to troubleshoot common challenges such as time constraints, child refusal, and competing demands. It provides a step-by-step approach to adjusting interventions while still maintaining consistency. A major challenge for families struggling with consistency is dealing with unexpected setbacks. If an intervention doesn't work immediately, parents may abandon it.

## **5. Sustainable Parenting**

Parents learn how to create realistic expectations, track their own follow-through, and develop sustainable habits to integrate ABA strategies into daily life. This lesson also reinforces self-care and stress management to prevent burnout. Many parents struggle with consistency because they feel overwhelmed. Without a structured way to track their progress, it's easy to lose motivation. This lesson introduces self-monitoring tools and habit-building strategies to support long-term success.

# RECOMMENDED LESSONS

## 6. Prompting

This lesson explains the different types of prompts, when to use them, and how to fade them over time to promote independence. Parents learn how to provide the right level of support so their child succeeds while maintaining progress. Parents may have difficulty knowing when and how to assist their child, leading to inconsistent implementation.

## 7. Setting Effective Goals

Parents learn how to create specific, measurable goals for their child's progress and their own consistency. The lesson includes strategies for breaking goals into small, achievable steps and tracking success over time, ensuring parents stay motivated and engaged. Parents struggling with consistency often feel overwhelmed by the number of things they need to address. Without clear, realistic goals, it's easy to become discouraged and lose focus. This lesson helps parents set manageable, achievable goals that keep them on track.

**Additional Lessons to Include (if applicable):** (Add or adjust lessons to match family needs.)

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# Engagement Tips

## Normalize Challenges & Encourage Progress

Many parents in this group feel frustrated by their inability to follow through. Reassure them that struggles with consistency are common and can be improved with small, sustainable steps. Celebrate progress, even when it's incremental, and remind them that every step forward is a win.

## Use Self-Monitoring Tools to Increase Accountability

Encourage parents to track their own consistency using simple tools like habit trackers, checklists, or a reinforcement log. Seeing their own progress can increase motivation and accountability, making it easier to sustain follow-through over time.

## Problem-Solve Barriers Together

Instead of just providing strategies, actively work with parents to identify and troubleshoot their unique barriers. Ask open-ended questions like "What makes it difficult to follow through?" or "What has worked for you in the past?" Then, tailor solutions to fit their specific challenges.

**Family-Specific Engagement Notes:** (Write strategies for engaging this family, considering their strengths and concerns.)

## Build Routines Gradually

Instead of overhauling their entire day, help parents introduce one small, structured routine at a time. Encourage them to start with an easy-to-implement habit, such as using a visual schedule for one activity or reinforcing a specific behavior, before layering on more interventions.

## Make ABA Fit Their Lifestyle

Parents struggling with consistency often feel that ABA strategies are one more thing to add to their already busy schedule. Help them integrate ABA naturally into their daily life by showing how strategies like reinforcement, prompting, and visual schedules can be embedded into existing routines (e.g., mealtime, bedtime, playtime).



# COMMON OBJECTIONS AND SOLUTIONS

**Step 1: Identify Objections** (Check or write in objections that apply to the family.)

<input type="checkbox"/> "I can't remember all the steps."	<input type="checkbox"/> _____
<input type="checkbox"/> "We don't have a set routine."	<input type="checkbox"/> _____
<input type="checkbox"/> "I'm too tired to follow through."	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

### Step 2: Write Solutions (Document strategies to address the identified objections.)

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# PROGRESS TRACKER

**Parent Goals:** (Outline specific goals for parents based on the lessons and their needs.)

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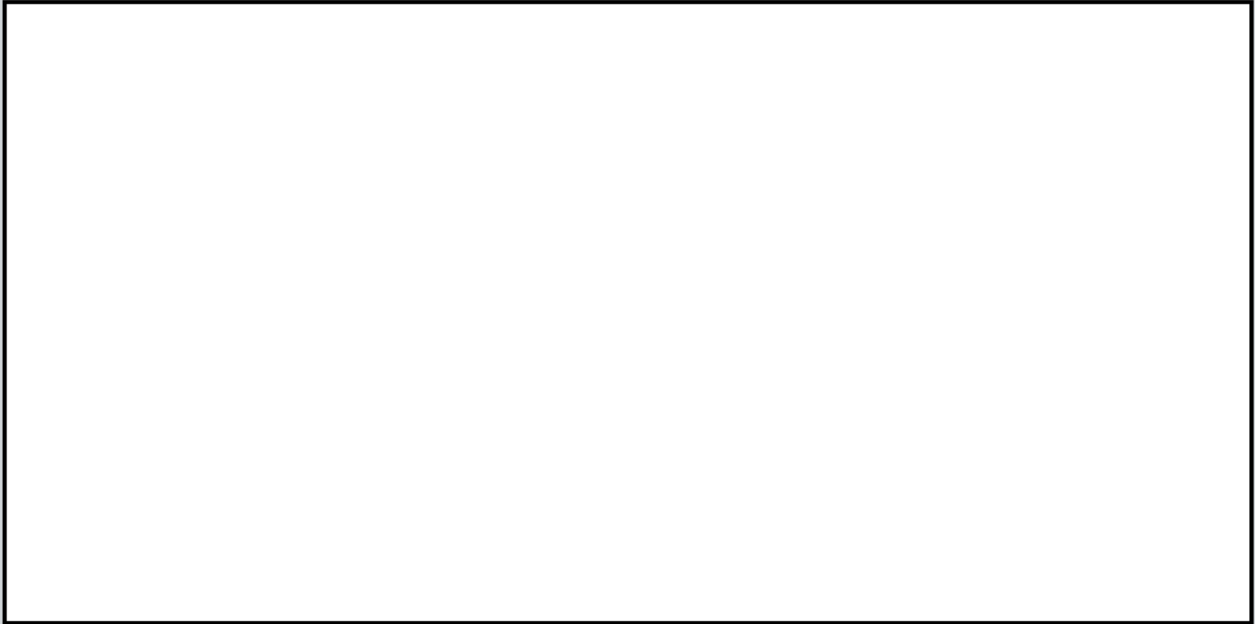
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**Weekly Progress Notes:**(Record observations and data to track parent engagement and skill implementation.)

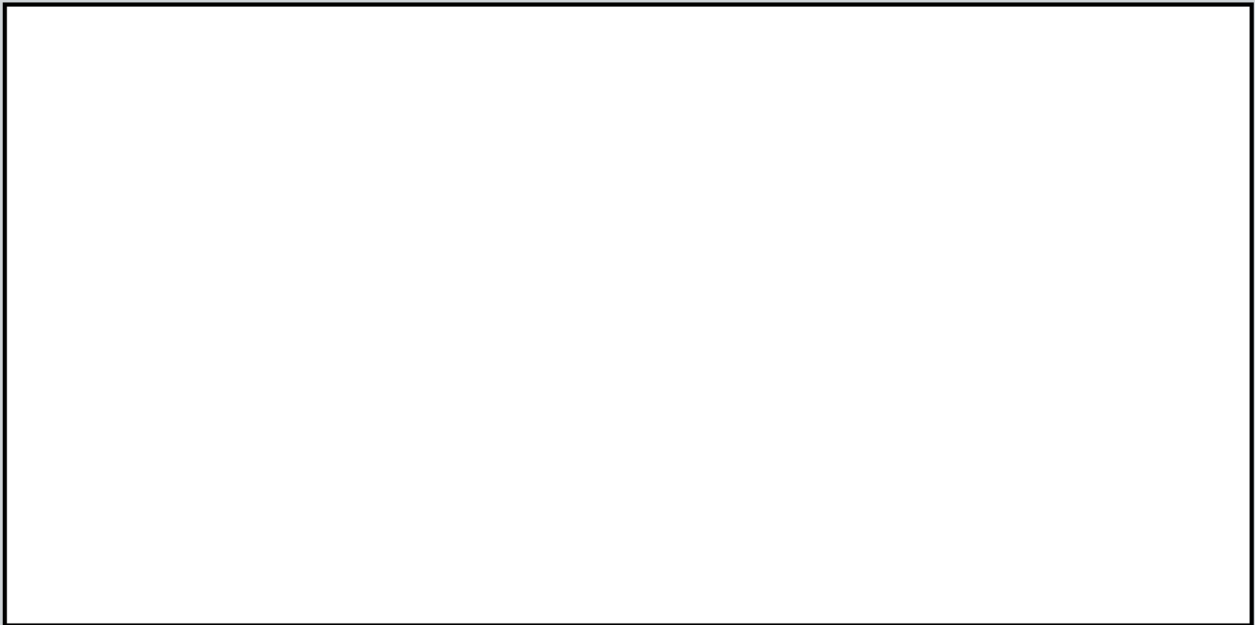
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

# Reflection Log

What went well this week?

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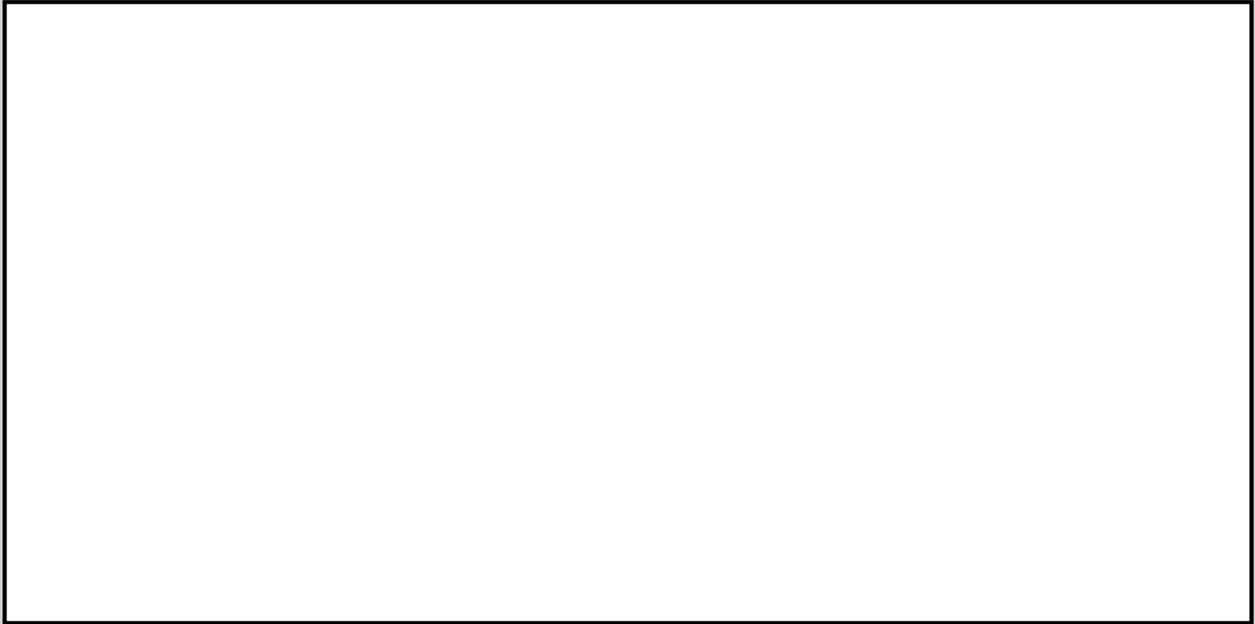
What challenges did you face?

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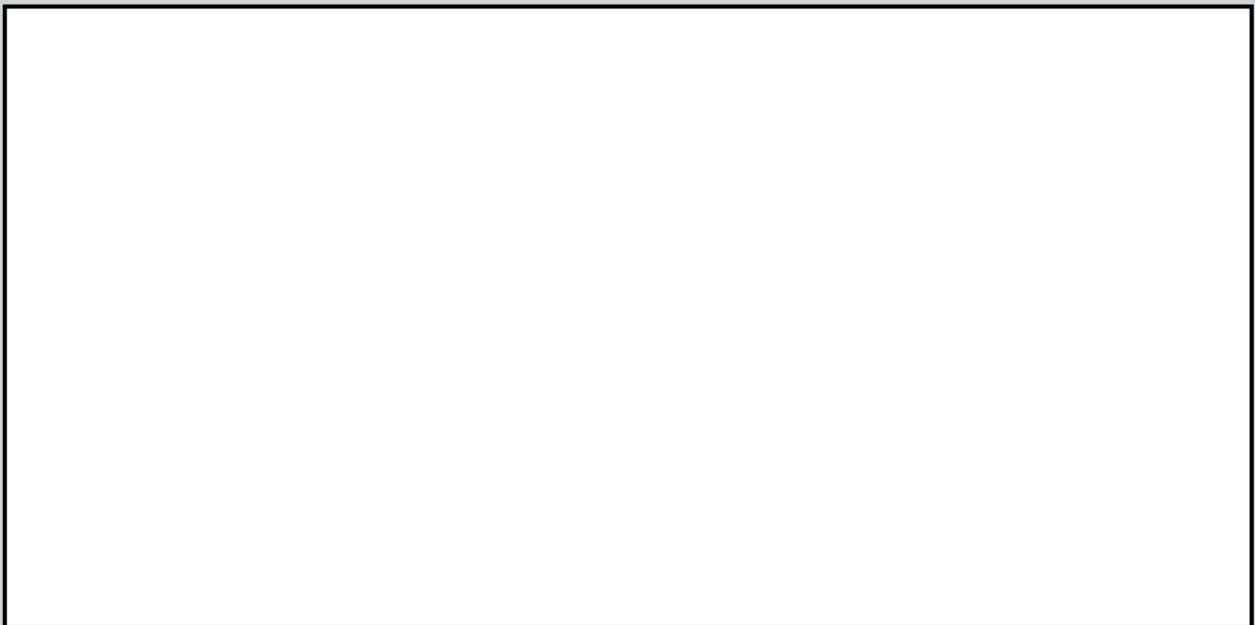


# Reflection Log

What adjustments need to be made?

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Additional Notes

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