

# THE SKILL BUILDER PLAN

**CLIENT:**

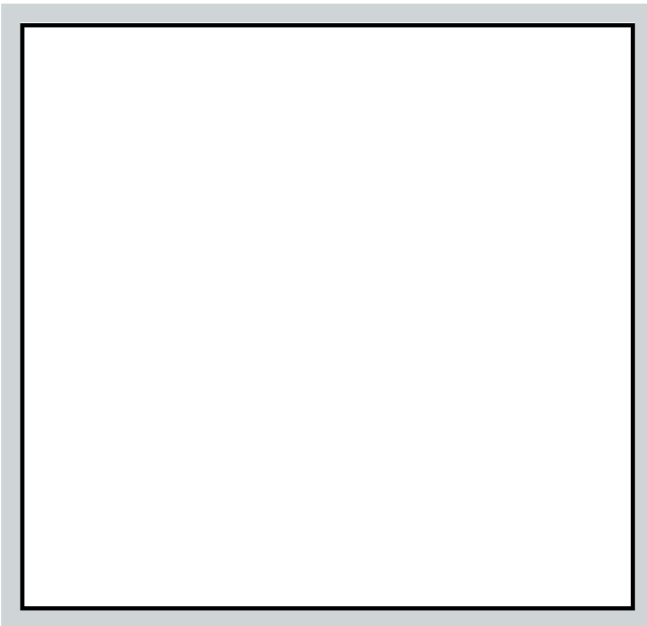
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## **PURPOSE**

The Skill Builder Plan is designed for parents who want to focus on teaching new skills to their child. This plan provides structured strategies for skill acquisition and generalization, ensuring that learned skills carry over into everyday life. Parents will learn how to break down complex skills, reinforce progress, and support independent learning in a way that builds confidence and long-term success.

## **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:

- ☐ Parents want to teach their child new skills but are unsure how to start.
- ☐ Child learns skills in therapy but struggles to use them at home or in new settings.
- ☐ Parents need guidance on how to reinforce learning and increase independence.
- ☐ Need structured strategies to break down complex tasks into teachable steps.
- ☐ Want to ensure skills are maintained and generalized across different environments.

# 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.

#### Breaking Down and Teaching New Skills

- ☐ Parent will use task analysis to break a complex skill into smaller steps and teach each step in sequence.
- ☐ Parent will prompt and reinforce their child's progress through a multi-step skill at least 3 times per day.

#### Tracking and Adjusting Strategies

- ☐ Parent will track their child's progress toward mastering a new skill over a two-week period.
- ☐ Parent will adjust teaching strategies based on progress and reinforce small improvements.

#### Using Reinforcement Effectively

- ☐ Parent will identify and use 3 effective reinforcers to increase motivation during skill-building activities.
- ☐ Parent will deliver reinforcement within 5 seconds of a correct response in 80% of opportunities.

#### Encouraging Independence and Generalization

- ☐ Parent will systematically fade prompts to encourage independence in at least one daily routine.
- ☐ Parent will practice a newly learned skill in at least 2 different environments.

**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. Introduction to Teaching New Skills**

This lesson provides parents with a foundational understanding of how to effectively teach their child new skills. It introduces key strategies such as breaking down tasks, prompting, and reinforcement, helping parents feel more confident in their ability to guide their child's learning.

## **2. Using Task Analysis to Teach Skills**

Task analysis helps children learn complex skills by breaking them into smaller, manageable steps. This lesson teaches parents how to identify and sequence steps for a new skill, ensuring their child can build independence one step at a time.

## **3. Reinforcement**

Reinforcement is essential for encouraging new skills and maintaining progress over time. This lesson helps parents identify effective reinforcers, time reinforcement correctly, and avoid reinforcing unwanted behaviors, ensuring learning remains motivating and rewarding.

## **4. Importance of Motivation When Teaching New Skills**

Children are more likely to learn when they are engaged and motivated. This lesson helps parents recognize what drives their child's interest, using that motivation to keep learning fun, reduce frustration, and sustain effort during skill-building.

## **5. Prompting**

Using prompts correctly can help a child learn new skills faster while preventing frustration. This lesson teaches parents how to select the right type of prompt, use it effectively, and fade it over time to encourage independence in learning.

## **6. How Do I Know if This Is Working?**

Tracking progress ensures that teaching strategies are effective and adjustments can be made as needed. This lesson provides parents with tools to monitor progress, identify barriers, and refine their approach, helping their child reach mastery more efficiently.

# RECOMMENDED LESSONS

## 7. Play and Leisure Skills

Developing age-appropriate play and leisure skills is crucial for independence and social development. This lesson teaches parents how to introduce and reinforce play skills, helping their child learn to engage with toys, peers, and activities in meaningful ways.

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

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# Engagement Tips

## Emphasize Progress Over Perfection

Parents may feel discouraged if their child isn't mastering a skill quickly. Encourage them to celebrate small successes and focus on gradual improvement. Remind them that every step forward is progress, even if it takes time.

## Make Learning Part of Daily Routines

Help parents see that skill-building doesn't require formal teaching sessions—they can integrate learning into everyday activities. Encouraging their child to help with chores, practice self-care routines, or engage in play makes skill-building more natural and consistent.

## Adjust Expectations Based on Readiness

Not every child is ready to learn every skill at the same pace. Encourage parents to start where their child is and move forward gradually rather than pushing too quickly. Teaching at the right level reduces frustration and increases success.

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

## Use Reinforcement to Keep Learning Fun

Teaching new skills can be frustrating for both parents and children. Encourage parents to reinforce effort, not just success, by praising their child and providing motivation for trying new things, even if they don't get it right immediately.

## Model the Skill First

Parents may feel unsure about how to teach new skills effectively. Remind them that children learn best when they see a skill in action. Encouraging parents to demonstrate the skill first before asking their child to try helps build confidence and understanding.



# COMMON OBJECTIONS AND SOLUTIONS

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

|   |                                |
|---|--------------------------------|
| <input type="checkbox"/> "I'm not a teacher."           | <input type="checkbox"/> _____ |
| <input type="checkbox"/> "I don't know where to start." | <input type="checkbox"/> _____ |
| <input type="checkbox"/> "They get upset when I try."   | <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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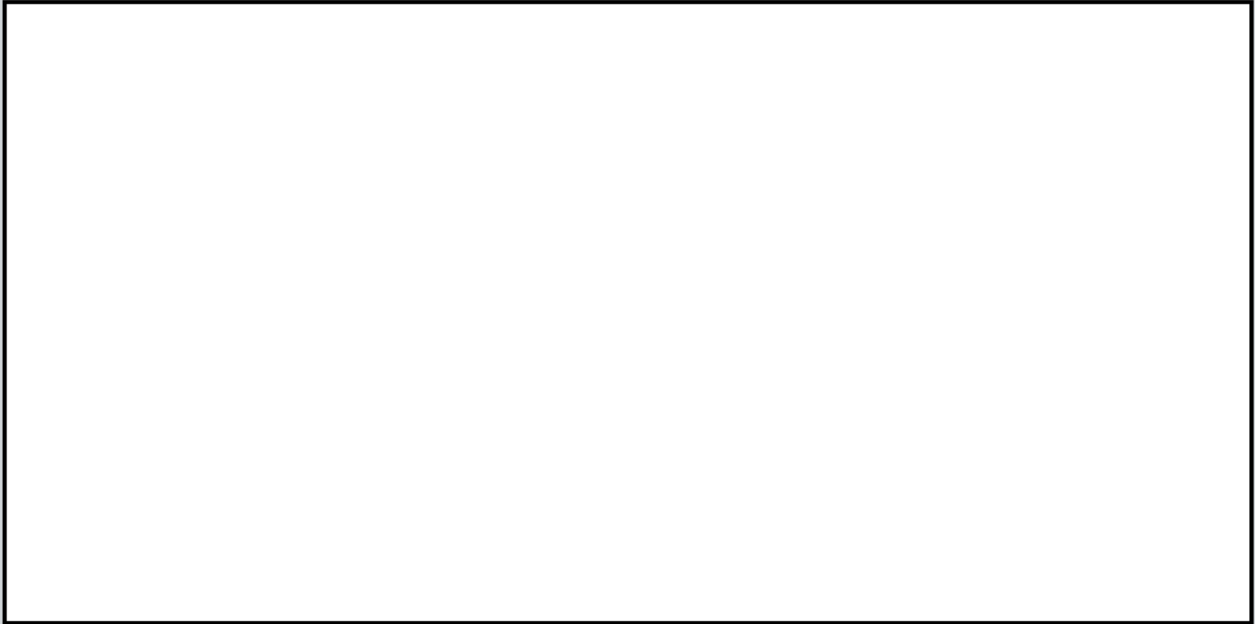
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**Weekly Progress Notes:**(Record observations and data to track parent engagement and skill implementation.)

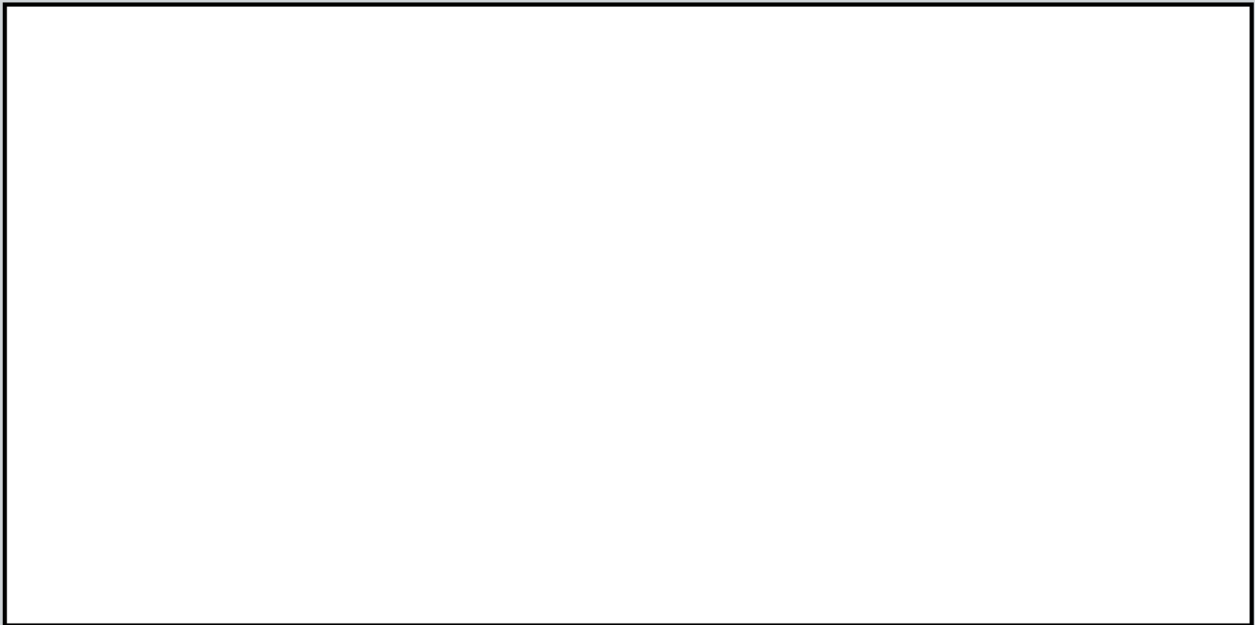
| Week   | Parent Goal | Progress | Notes |
|--------|-------------|----------|-------|
| Week 1 |             |          |       |
| Week 2 |             |          |       |
| Week 3 |             |          |       |

# Reflection Log

What went well this week?

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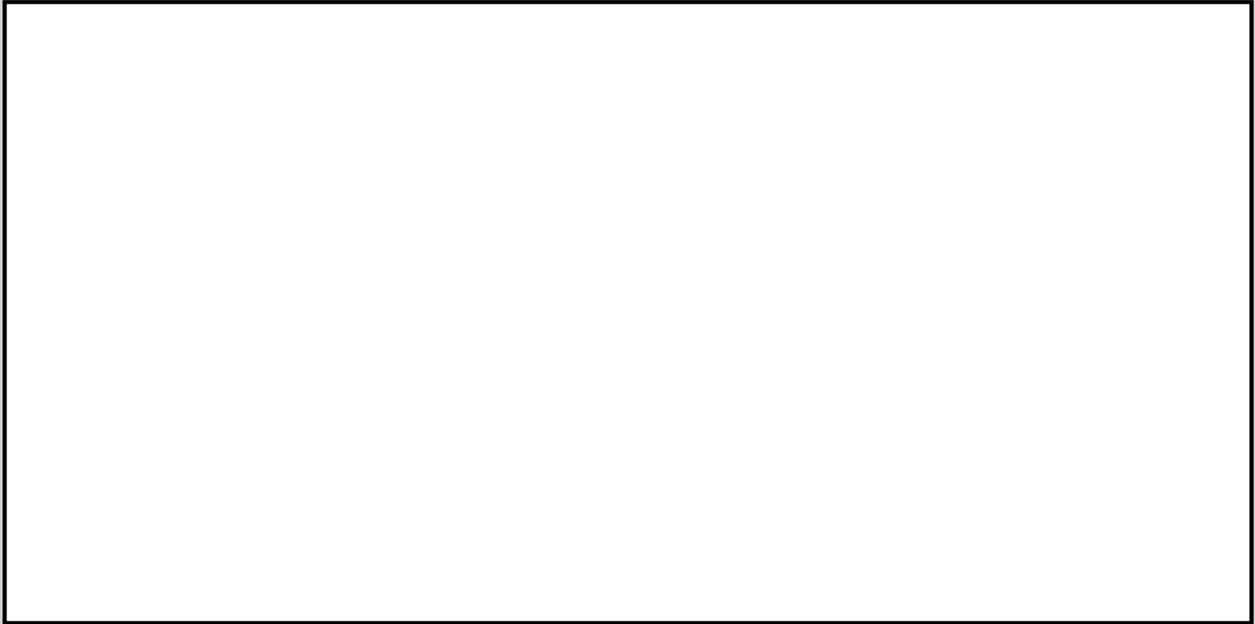
What challenges did you face?

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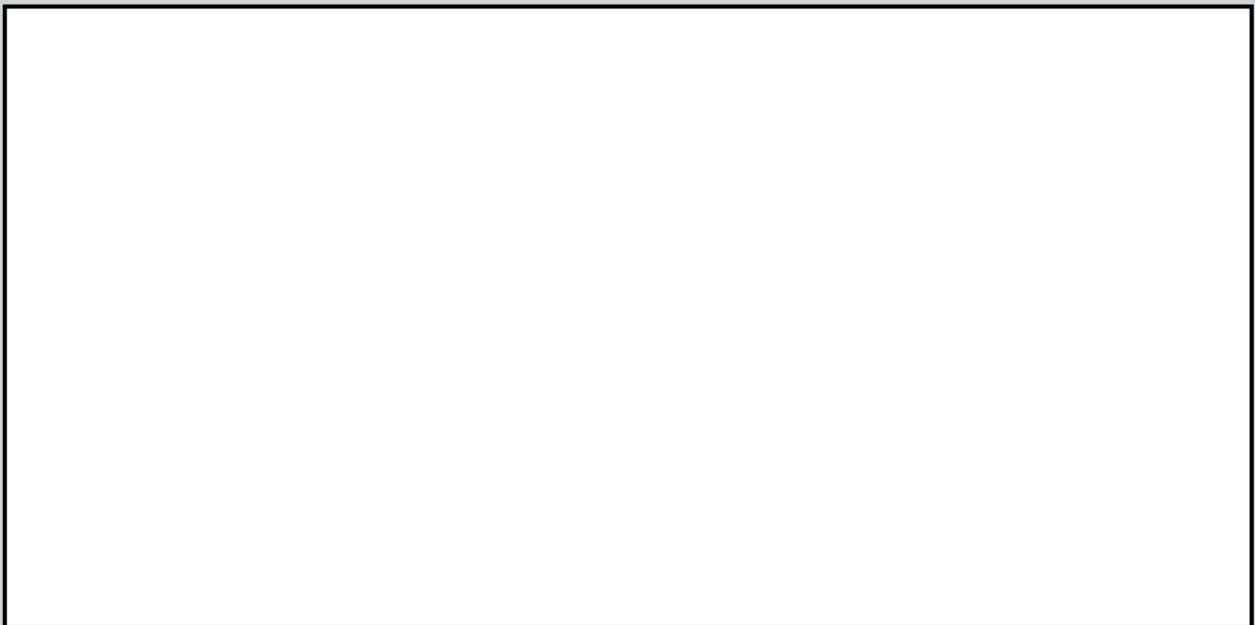


# Reflection Log

What adjustments need to be made?

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Additional Notes

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