

D E C E M B E R 2 0 1 9

the Timely Topics

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Save the Date:

FREE **Parenting Classes:**

***Teaching Children
Waiting Skills**

***Surviving the Terrific
Two's with Toddlers**

PLEASE RSVP
(See Back Page)

Teaching Your Child to Wait

The skill of waiting is an essential skill that all children need to practice and learn during early childhood. Waiting can be hard for all children and most children need to be taught how to wait because they may not understand the concept of time. Additionally, they may not have as many natural opportunities to do so, like childhoods of the past. Children with language delays and special needs may have additional difficulty to learn the skills due to attention difficulties. Waiting is extremely important to teach our children and is a critical component of learning foundational Social /Emotional skills like Self-regulation.

Teaching children to wait is teaching them how to self-soothe when they are unoccupied or desiring a preferred item. Teaching children to wait is teaching them how to tolerate the delay of access to reinforcement, whether that is food, toys, activities, or parent attention. Many problem behaviors result from your child's inability to wait. It is important for your child to learn this skill now, in early childhood, as it is a pivotal skill and will impact your child's ability to learn other skills in the future. By teaching the skill of waiting, you will see a decrease in problem behaviors.

One important thing to note is that by providing your child with electronics during wait time, you are hindering your child's ability to learn self-soothing and self-regulation skills. Children need to learn to entertain themselves or soothe themselves for a short amount of time. (Continue to page 3 to learn more!)

Play Activities & Waiting

Try activities with your child differently and provide opportunities to wait while having fun with pretend play, personal-social skills, gross motor skills or problem solving skills.

Draw a picture of your child's favorite character with a body part missing. Give your child a cut out of the missing body part. Blindfold your child and have them wait in line. Have them walk towards the character and try to place the missing body part.

Have your child decorate 4-5 rocks. Pretend they have turned into "magic rocks". Each rock has a different magical power like; it turns you both into snakes and slither around the room. Keep trying new rocks and pretending new things happen when touching each rock.

Play silly games with your kids that require waiting! There are many fun games that you played as a child that taught you waiting and following directions in a fun way! Teach your kids the games that taught you body control, waiting, following directions, and self-regulation through fun games including: Freeze Tag, Red Light - Green Light, Simon Says, Hide-&-Seek.

Play a game of whose voice is that? Record 5-10 different family members or friends saying the same silly sentence. Play the recordings for your child and have your child guess whose voice it is. Have them reply with a 2-3 word sentence such as "I hear mommy". Then continue.



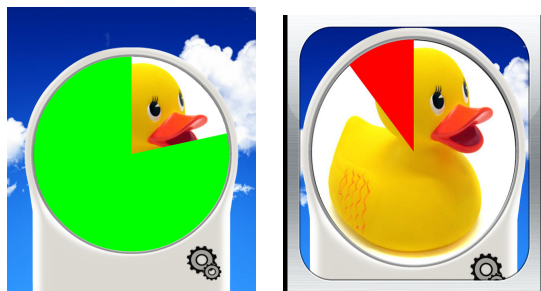
How to Teach Waiting

Step 1: Collect Baseline Waiting Time

Before we begin teaching your child how to wait, we need to know how long they are able to currently wait (baseline data) before they engage in whining, aggressive behaviors, grabbing the preferred item, screaming, crying, or starting the activity. Maybe your child can wait 20 seconds, maybe they can wait 45 seconds, or maybe they can only wait 5 seconds. Whatever amount it may be, it is important to gather this information before we begin so that we know where to start. To begin, the goal would be to double the time.

Step 2: Introduce your Child to Visual Cues like a Visual Timer.

Often children don't understand the concept of time and therefore produce problem behaviors because they become uneasy by not knowing how long until they will get what they are waiting for. There are many ways to teach them, counting with your fingers, pictures, etc. Another way is to use a visual timer. These items visually tell them how much time is left to wait. You can get access to free visual timers through the app store.



With this example, you teach your child that when it is green, there is still a little bit of time left but when it is red, they are almost done waiting. There are two really great benefits:

1. This is a great example of a visual app that slowly shows a picture as it is counting down. This can initially help distract your

child and help them be more successful during the waiting time.

2. Using visual cues and a visual timer such as this one allows for you to change the waiting time; however, it won't change the image for your child so you can gradually increase the time without them noticing.

Step 3: Practice Waiting

Determine which activities might be the easiest to practice waiting. Based on your time and schedule, you could choose to either schedule a time to practice multiple opportunities of waiting in a successive time period, or you can practice waiting during normal situations, like meals, while driving, etc. Practice throughout the day. Plan ahead so you are prepared.

Schedule Time and have a Reinforcer

When you schedule a time to have multiple opportunities for practice, you would want to make sure that you are using something that your child would be motivated for. You could use snack time and only provide small amounts of the snack and have them wait for more. Give them one fruit snack and a time instead of the pouch. Have them ask for it, delay 3 -5 seconds to give it, then repeat. You could also use toys, games, or attention.

Natural Environment Practice

You may feel like it might be easier to just practice during naturally occurring times of the day when it would be expected for your child to wait. You could do this around mealtime, in the car, when playing games, when trying to get an adult's attention, when playing with siblings, waiting for a turn at the park, and many more situations. Think of your daily routine and find opportunities when you have your child wait.

Step 4: Pick the Starting Time and Practice

If your child can wait 20 seconds right now, start them at 15 seconds. If they can wait 30 seconds right now, start them at 20 seconds. Start your child at a time frame a little less than what they are already capable of so that they can be successful and get access to the reinforcement (which is usually the item or activity they were waiting for). Overtime, you will slowly increase the amount of time they have to wait after they have been successful at the current amount of time, 3 consecutive days in a row.

Variations

After they have become successful using the visual cues of your choice, you could switch to other methods for waiting to generalize the behavior. You could try to have your child use a sand timer instead. Maybe wait to introduce this until they are able to wait up to 3 minutes and buy a three-minute sand timer. Another method would be to have your child count to a certain number while waiting, 1,2,3,4,5 raising each of your fingers. This would give them something to do while waiting and allow you to practice waiting wherever you are, even if you don't have the other materials prepared. You could also have your child wait for the duration of a song.

After they have gotten good at practicing with a visual timer or sand timer that slightly occupies them while waiting, you could switch to a visual signal or cue to have them wait and then allow them to practice waiting without any distractions or assistance.

This will truly help them to improve their Social /Emotional skills, self-soothing and self – regulation skills.

Waiting is required before children can Take Turns

Children are not born with the skill of turn-taking and must be explicitly taught. When children learn to wait, it is the required skills to take turns. Turn - taking is the “key” skill kids need to learn other important skills such as sharing, self-control, problem-solving, patience, communication, listening, and negotiation.

You can make just about any activity into an opportunity to practice turn-taking. Take turns during board games, large motor games, stacking blocks, going down the slide, using the swing, racing a car down a track, scooping sand into a bucket, or wearing special glasses. Any time your child is motivated to do something or play with something, there is an opportunity to practice turn-taking.

If your child has siblings, they would present a natural opportunity to practice turn-taking on a daily basis. If your child does not have any other siblings, then you may want to create playdate opportunities with neighbors, cousins, or other children from school. You can also contrive turn-taking opportunities between you and your child; however, it is beneficial to also practice with other children so that your child will generalize their skills to all situations.

Daily Challenge

Try practice waiting with your child today by using a visual cue, timer, gesture, sand timer, cue card, or singing a song to help your child practice!

Parenting Classes Training!

*** Teaching Children Waiting Skills!**

***Surviving The Terrific Twos with
Toddlers**

PARENTS & ADULTS ONLY!

DATE FOR ALL CLASSES: Wednesday December 18th, 2019

LOCATION FOR ALL CLASSES: Kauri Sue Hamilton School –

Child Development Center - 2827 West 13400 South Riverton, Utah

Class: Teaching Children Waiting Skills

Time: 9:45 a.m. – 10:45 a.m. OR 12:45 p.m. – 1:45 p.m.

Class: Surviving The Terrific Two's with Toddlers

Time: 11:15 a.m.

RSVP: Please register for the class by email or phone

Email: Rachelle.blair@jordandistrict.org Phone: (801) 567-8510

Resources provided by:

Play to Grow by Tali Berman & Abby Rappaport

Prevent, Teach, Reinforce for Young Children

University of Minnesota LEND Program

Technical Assistance Center on Social Emotional Interention (TACSEI)

I Love ABA!