

## Optimistic Parenting: Hope and Help for the Challenging Child

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The behavior problems children display interfere with their progress both socially and educationally. We now have highly effective procedures for helping parents with their challenging child. Optimistic Parenting teaches parents how to use these techniques as well as how to help them address their own needs. In particular, we find that it is essential that we help some parents feel more confident about their abilities as parents and their child's ability to change. Optimistic Parenting is an approach to handling child behavior problems that stresses the importance of being ready to take on this challenge. Only when parents feel capable of tackling these problems are they able to carry out the techniques that lead to success. This talk will provide an overview of this new approach.

## Evidence-Based Ways for Working with Staff to Promote Independence and Enjoyment among Individuals with Autism

Dennis Reid, Ph.D., BCBA



This presentation will summarize evidence-based means of supporting people with autism in maximizing independence and enjoyment during their daily experiences. Initially, specific means of promoting independent and enjoyable routines will be summarized based on recent research and application. Topics to be covered focus on strategies to accelerate skill acquisition in ways that learners prefer such as intensive and preference-based teaching, and to promote active community participation through brief on-the-spot teaching. To ensure support staff routinely practice means of enhancing individual learning and enjoyment, evidence-based ways of supervising daily staff performance will likewise be presented. The latter area will include efficient means of training staff in desired work skills, and regularly supporting and correcting staff performance that targets individual learning and enjoyment. An underlying theme throughout the presentation is the need to design and maintain support settings that maximize quality of work life for direct service staff and overall life quality for individuals with autism.