



Raising Orchid Kids: Practical Strategies for Parents of Neuro-Different Children

SYLLABUS

Week 1:

- Introductions, norms and what to expect in this course
- Understanding yourself as a parent

Week 2:

- Understanding your child & what motivates them
- Behavior: The tip of the iceberg

Week 3:

- Understanding behavior: antecedents & responses
- Brief overview of neurobiological drivers of behavior
- Learning how to become a “behavior detective”

Week 4:

- Antecedents: specific strategies ahead of time to create change and foster growth
- Identifying the “Just Right Challenge”
- Identifying tailored strategies to address a specific goal

Week 5:

- Creating a “sturdy platform” with Time In
- Understanding meltdowns (vs. “tantrums”) and self-regulation
- Checking in with our antecedent interventions

Week 6:

- Zones of Regulation/Mona Delahooke’s Pathways
- Understanding co-regulation as a step toward self-regulation

Week 7:

- Consequences: Natural vs. Logical and how to use them as teaching tools
- Effective de-escalation strategies: role play

Week 8:

- Caring for ourselves in order to better support our Orchid kids
- Planning for predictable and UNpredictable challenges

** All sessions include Q&A, individual, and group support.