

# GENERALITY

## OF PARENT TRAINING SKILLS OCCUR IF...

**G**enuine connection is made with the parent

**E**mpowering the parent(s) is the focus\*

**N**eeded skills and communication are incorporated in family social interactions

**E**veryday successes are identified and reinforced

**R**egular breaks are taken to provide relaxation time for the parent(s)

**A**daptation of the behavior principles to new situations occurs (skills, behavior problems)

**L**earning occurs in natural environments representative of their daily routines

**I**ncorporates their values as a navigational tool in day to day living\*\*

**Y**early treatment outcomes for both child and parent goals are interactively discussed

**T**alks from a problem-solving perspective are encouraged

When parents see generalization as “an active process” of teaching, they immediately move from “train and hope” to delivering ABA treatment compassionately, interactively, and bringing about generalized behavior change that is meaningful to the child, parents, and family life as a whole.

\*A win/win relationship starts with understanding the perspective of the parent then presenting what is needed to understand. By cultivating this type of interactive interdependence, parents are empowered and can be effective with what is being taught (Covey, 1989/2004).

\*\*Mindful parenting needs to be navigated by the parent’s values and remaining in the present moment allowing an increased probability that more positive interactions will occur between the parent and child/adolescent (Greco and Hayes, 2008).