

**An Overview of the
Stop & Think Social Skills
Home/Parent Program**

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Bonus Session

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Presentation Overview

- The Importance and Outcomes of Parent Training
- Overview of the Stop & Think Social Skills Parenting Book
- Principles for Teaching Children Self-Management Skills
- Teaching the Stop & Think Language and Specific Social Skills

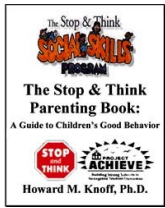
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**The Importance and Outcomes of
Parent Training**

- ✓ Many Parents Need/Want Help in Managing their Children's Behavior, and in Teaching their Children How to Get Along with Others
- ✓ Many Parents Want an Organized and Consistent Way to Teach their Children How to be Independent Over Time
- ✓ Many Parents Want to Support the Behavioral Expectations within their Children's Schools but Don't Know How
- ✓ Many Parents Want to Create a Positive Climate at Home with Few Disruptions or Discipline Problems

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The Stop & Think Parenting Book



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Stop & Think Parenting Book

Chapter One: Introduction

Chapter Two: Overview of the Five "Stop & Think" Steps

Chapter Three: Teaching Stop & Think Social Skills
for the First Time

Chapter Four: Teaching the Ten Core and Ten Advanced
Social Skills

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Stop & Think Parent Book Video Training Tapes

- ✓ Introduction
- ✓ Listening and Following Directions—The Basics
- ✓ Listening and Following Directions—Advanced Procedures
- ✓ Using Rewards and Consequences
- ✓ Teaching Children to Wait their Turn and How to Interrupt
- ✓ Children's Emotions and Dealing with Losing
- ✓ Teaching Children How to Accept Consequences
- ✓ Teaching Children and Parents How to Deal with their Anger
- ✓ Summary

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Questions for Parents to Ask Themselves



- Am I getting the good-choice behavior that I want from my child?
- Have I effectively taught my child the social skills I expect him/her to perform?
- Has my child reasonably mastered those skills?
- Am I using meaningful incentives and consequences to motivate good choices and good behavior?
- Am I being consistent in how I use and apply incentives and consequences?

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The Goal of the Stop & Think Social Skills Program



TO:

- ❖ Teach Children Interpersonal, Social Problem-Solving, and Conflict Prevention and Resolution, and Emotional Coping Skills
- ❖ That facilitate their Social-Emotional/ Behavioral Development, and
- ❖ Help them develop Self-Management Skills

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The Necessary Components to Teach Children Self-Management Skills

Skill and Social Skill Principles

Social Skills are taught using Skills and Scripts

- The Stop & Think Universal Steps
- The Specific Skill Script

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**THE STOP & THINK SOCIAL SKILLS
UNIVERSAL LANGUAGE**

1. _____, you need to Stop & Think.
2. Are you going to make a Good Choice or a Bad Choice?
You need to make a Good Choice.
3. What are your (Good) Choices or Steps?
[Use the specific "Skill Script" here.]
4. All right, now let me see you Just Do It !!!
5. Great job !!! Tell yourself you did a great job !!!



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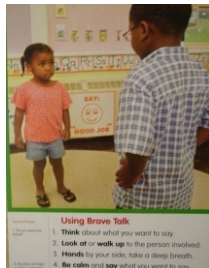
**THE STOP & THINK SOCIAL SKILLS
UNIVERSAL PROBLEM SOLVING STEPS**



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**Preschool to Early Elementary
School/Home Stop & Think Social Skills**

Support Materials:



<http://www.projectachieve.info/store/stop-think-books>

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The Stop & Think Home/Parenting Social Skills

Preschool to Early Elementary Level

- Skill 1: "Do You Want to Share?"
- Skill 2: Asking to be Included
- Skill 3: When You are Left Out or "Pushed Out"
- Skill 4: Don't Freeze When You're Teased
- Skill 5: Receiving a Consequence
- Skill 6: "What Should I Do Next?"
- Skill 7: "How Do You Feel?"
- Skill 8: When You are Angry
- Skill 9: When You are Blamed for Something
- Skill 10: When You are Afraid

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The Stop & Think Home/Parenting Social Skills

Middle to Late Elementary Level

- Skill 1: Identifying Goals and Outcomes
- Skill 2: Evaluating Yourself
- Skill 3: If at First You Don't Succeed
- Skill 4: Saying "Hi" and "Goodbye"
- Skill 5: When you Give and Receive a Compliment
- Skill 6: "How do You Feel?/Deciding How Someone Else Feels"
- Skill 7: When You are Left Out or "Pushed" Out
- Skill 8: When You are Blamed for Something
- Skill 9: When You are Afraid
- Skill 10: When Peers Pressure You

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Social Skill Steps Here

- 1.
- 2.
- 3.
- 4.

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Listening

<p>Steps</p> <ol style="list-style-type: none"> 1. <u>Eyes forward.</u> 2. <u>Hands folded.</u> 3. <u>Mouth closed.</u> 4. <u>Ears open.</u> 	<p>Parent Prompts</p> <p>"Look at me with your eyes." "Fold your hands on the table or in your lap." "Close your mouth." "Listen with your ears."</p>
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Following Directions:

<p>Skill Steps:</p> <ol style="list-style-type: none"> 1. <u>Listen</u> to the direction. 2. <u>Whisper</u> the direction to yourself. 3. <u>Ask</u> a question if you don't understand. 4. <u>Get ready</u> to follow the direction. 	<p>Parent Prompts:</p> <p>"Stay in the Listening Position until you hear the whole direction." "Repeat the direction out loud, in a whisper voice, or inside your head." "Raise your hand to ask your question." "Think about the steps to the direction."</p>
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Taking Your Turn:

<p>Skill Steps:</p> <ol style="list-style-type: none"> 1. <u>Sit or stand</u> in your Listening position. 2. <u>Tell yourself</u>, "I will wait my turn." 3. <u>Listen</u> to or <u>watch</u> what is happening. 4. <u>Wait</u> for the last person to finish and look at you. 5. <u>Take your turn</u>. 	<p>Parent Prompts:</p> <p>"Show me Listening." "Whisper this inside your head." "Take deep breaths and relax if you need to." "Or wait until the teacher looks at you and gives you a signal." "Do or say what you need to."</p>
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Parents Teaching Children Social Skills



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The Seven Steps of a "New" Stop & Think Social Skills Lesson

STEP ONE: Introduction and Orientation to Social Skills; Teaching/ Reviewing the Five Stop & Think Universal Steps

STEP TWO: Explanation/Rationale: Why "Good Choices" are Important; What Happens When "Bad Choices" Occur

STEP THREE: Introduce, Contextualize, Teach the New Social Skill

STEP FOUR: Practice the new Skill Script within the Stop & Think Universal Steps

STEP FIVE: Modeling of the Social Skill by the Parent

STEP SIX: Child Social Skills Role Plays with Performance Feedback

STEP SEVEN: Summary/Transfer of Training

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The Necessary Components to Teach Children Self-Management Skills

Skill and Social Skill Principles

Social Skills are taught through Behavioral Instruction, Behavioral Practice, and Behavioral Reinforcement/Correction.

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Stop & Think Parenting

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The Necessary Components to Teach Children Self-Management Skills

Skill and Social Skill Principles

Social Skills must be taught and practiced to Mastery.

Mastery occurs when children are able to demonstrate their social skills "under conditions of emotionality."



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REMEMBER:

"Bad Choices" are not failures;

They are opportunities to teach, re-teach, reinforce, and demonstrate consistency with children and adolescents.



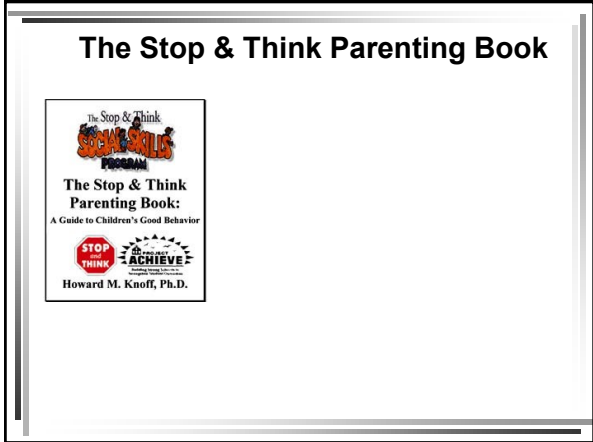
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Stop & Think Parenting Book

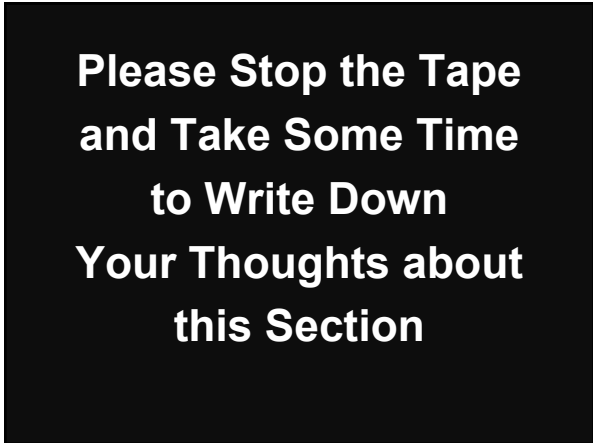
Appendices

- Good Parenting Tips: The "Parenting Points" Cue Cards
- The Stop & Think Calendar and Two-Week Teaching Schedule Cue Cards
- Good Teaching Tips for Each Stop & Think Skill
- Cue Cards for the Stop & Think Skills

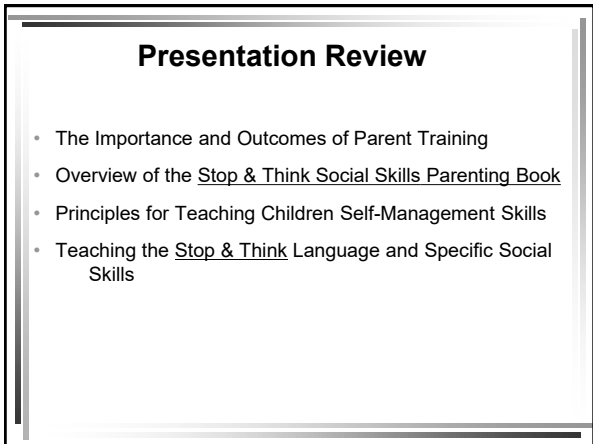
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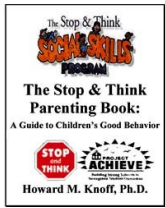


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The Stop & Think Parenting Book



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