

# Getting Started



**T**he *Fun Book* program was created to be an easy to use, take anywhere with you resource that grows with your child. Once you have the basics down, the adaptability is broad.

The purpose of the program is to provide learning in a fun, consistent format, while still allowing for variability. What makes *The Fun Book* truly unique is that by providing fun pages between learning pages, the motivator becomes built-in to the program. Most materials are kept right in the notebook for ease of use, and the program can be changed or updated as often as needed.



## First things first

The order that follows has been set up to lead you through the creation of your first *Fun Book*. Read through the entire chapter before beginning to print and assemble. Introducing *The Fun Book* successfully requires both proper assembly and organization. The sections that follow will help you prepare your child and yourself for the program.

## Before You Begin

**B**efore we even get into the assembly process, there are several important things to review. *The Fun Book* uses pieces of Applied Behavior Analysis which is an approach commonly used in treating special needs children. With practice, you will be able to use this approach with your child not only with *The Fun Book*, but in other areas as well. We will also look at setting both yourself and your child up for success as well as some basic skills your child will need throughout the program.



## Applied Behavior Analysis

There are many books and materials available on Applied Behavior Analysis and Discrete Trial Teaching. Discrete Trial Teaching (DTT) is a specific method of teaching that uses the principles of Applied Behavior Analysis (ABA). For the purposes of this book, we will focus only on the information you need to go forward as quickly as possible with *The Fun Book*. It is certainly recommended you become well versed in ABA as it remains a valuable approach for many special needs children.

Discrete Trial Teaching takes large tasks, skills, and goals and breaks them down into small or “discrete” steps. In DTT children learn that desired behaviors and the completion of tasks are rewarded with highly motivating items. A simple task that might be found on a list of motor skills is clapping. If our target behavior is to get a child to clap, then we sit together and say, “Clap” as we demonstrate the behavior. When the child claps, he is immediately rewarded with something highly motivating such as a favorite food or toy. For a child we know will not clap on their own, we use a hand-over-hand technique and help them clap, still giving them the reward.

In the next section you will see examples of how you will use positive reinforcement with *The Fun Book* in order to elicit desired behavior.

The keys to rewarding are to reward quickly and to be sure the reward or reinforcer is highly motivating in order to increase desired behaviors. Edibles are certainly among the most popular reinforcers, but if your child has been eating pretzels all day, then you try to use them as a reinforcer, the value of the pretzel has been diminished. It is best to reserve or hold back your child’s favorite items for when you really need them as reinforcers.

With different therapies we often talk about “level of prompt.”



### Common Reinforcers

#### Edibles:

- Candy
- Pretzels
- Goldfish Crackers
- Marshmallows
- Potato Chips

#### Media:

- Music
- TV
- Videos/DVDs
- Computer

#### Toys:

- Whistle
- Bubbles
- Books
- Balls
- Puzzles
- Blocks

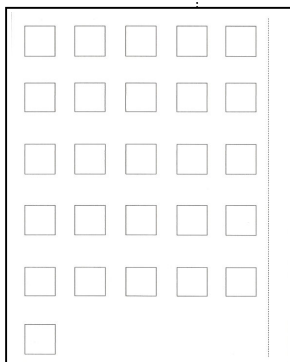
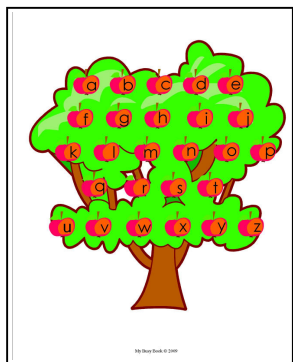
#### Social:

- High five
- Praise



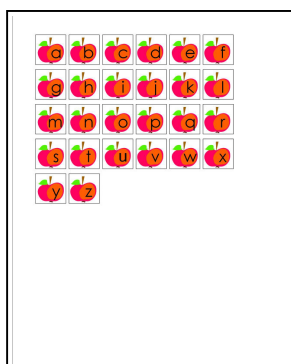
# Lowercase Matching

## Apple Tree



- Skill: letter identification, matching

A fun and colorful page for practicing letter identification and matching skills.

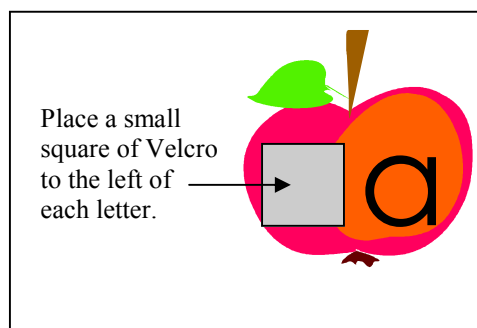


### Specific Assembly

For this page you will need small squares of Velcro. Take the half-inch pieces and cut them in half to make squares. Place the Velcro on the base page (using the hook side) to the left of each letter. For this page it is easiest to place the Velcro on the base pages first. Then place the pieces to the base page, then the pieces to the storage page. It still follows the basic directions on page 27, only in reverse as described on page 29.

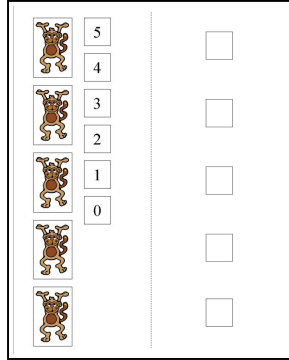
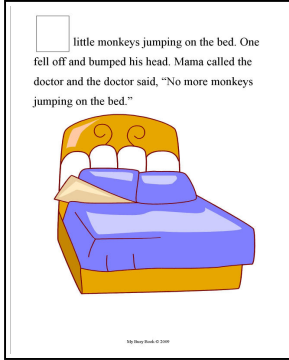
### Tips

If your child seems overwhelmed by all the letters, you can do one of several things. You can either cover half the alphabet (preferably the bottom half) and place only the corresponding letters on the storage page, or you can take all the letters off of the storage page and place only a few letters at a time for your child to match.





# Five Little Monkeys



This is a very popular song which has been re-written into many books. Have fun with all those monkeys!

## Specific assembly

Cut out the monkeys and Velcro them onto the bed. You can, if desired, place Velcro below the bed on the "floor" as well for when the monkeys fall off the bed. Store the numbers on the fold-out storage page.

## Tips

Have a book ready that tells this story and read it with your child. Purchase stuffed monkey animals and go to your child's room and have the monkeys jump on the bed. Of course you might want to explain that jumping on the bed is never a good idea because it is easy to get hurt when doing so.