

## How We Can Help Right Now

- By providing one on one caregiver education and coaching to you and other caregivers
- Why? Research shows that your children spend most of their time with you and by being involved in your child's treatment, you can maximize your child's learning rates (Hailstone, 2014) Kids learn faster when everyone is on the same page.
- Consistent parental involvement can lead to increased cognitive and developmental skills (Cathcart 1998) and contribute to generalization of skills learned in the center to the home. We want to ensure that the skills your child learns in a center make a positive difference in your home life.
- We understand that there are numerous stressors parents face, particularly during COVID-19, and your availability for telehealth parent education may be a challenge.
- Although it may initially seem like an additional burden to have telehealth sessions, parent education can lead to reduced stress for caregivers raising a child with autism. Learning and practicing behavioral strategies with your behavior analyst and your child can increase your effectiveness in reducing your child's challenging behaviors and increasing your child's desired skills.
- New research demonstrates that caregiver education provided online via telehealth, can be as effective as in-person coaching sessions (Unholz-Bowden, 2020)
- To schedule your parent education session, please contact Angie Lanoux at [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com)

Touchstone ABA will be closed Monday, September 7, 2020.



## THIS MONTH'S FAMILY MEETINGS

Houma/Thib/New Orleans 9/23 Group Meetings at **9:00am, 12:30pm & 5:30pm**

Baton Rouge 9/24 School-aged children Group Meeting at **11:45am**

Hammond 9/23 Group Meeting at **5:30pm**

Lafayette 9/8 & 9/22 Group Meetings at **9:30am**

All group meetings are currently being held online. You will receive an email with a link to join the meetings.

**Join Us! If you are unable to attend your monthly meetings, please contact Angie Lanoux at: [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com) to set up individual meetings.**

## TOUCHSTONE SUPERHERO!



**Cynthia Knight**

CONGRATULATIONS to Cynthia Knight, our Touchstone ABA Superhero! Cynthia will have her 5-year anniversary with Touchstone this December. She has worked as a line tech in Houma and Thibodaux in the centers and schools and now she provides scheduling services for all Touchstone sites. She loves that her roles have allowed her to continue learning. Although she no longer works directly with clients, she loves watching their progress as she assists with scheduling hours and transitions.

Cynthia was born in Mexico and raised "down the bayou" in Cut Off, La. She currently lives in Lockport with her husband and 2 daughters. Cynthia and her husband are expecting baby number 3 in October! She loves to read, have movie nights with her family, especially when it's a science fiction film. Cynthia says it doesn't matter if it's "good or bad" sci-fi., she enjoys them all. She's also looking forward to traveling again, especially to theme parks, her first stop will be Disney World or Universal.

Cynthia's exemplary work and commitment to all of Touchstone's clients are greatly admired and appreciated. Congratulations to Cynthia on the upcoming birth of her child, her 5 year anniversary with Touchstone ABA, and on being selected a Superhero!