



WHAT DO YOU WANT?

CHOICE – According to Merriam-Webster, “choice” is primarily defined as the act of choosing: the act of picking or deciding between two or more possibilities.

<https://www.merriam-webster.com/dictionary/choice>



We all like to have choices, options to choose from. When given a choice, we are given the **power** to choose- we are empowered with selecting. For our kids, there are so many expectations and activities that they have no power over and probably rightly so, wearing a seat belt, brushing teeth, taking a bath, or getting a haircut. When kids ‘have to’ do something that is non-preferred, challenging behavior may occur. Giving a child choices has been shown to be an effective proactive, antecedent strategy to reduce challenging behavior. For example, a child must brush his/her teeth, which may be a non-preferred activity – let the child choose which bathroom, which toothbrush, which toothpaste, which song to listen to.... giving the child opportunities to choose empowers the child and may increase cooperation with the activity. Offering choices helps teach the skill of choice making, affords an opportunity for communication of desires, and teaches kids they do have some control over their environment. Choices can be tailored to a child’s current skills – maybe it’s words- “do you want this or that”, or it could be pictures of options, or physically showing a child their options. Being provided with choices and having the skill to make choices can improve communication, the quality of life, and increase independence and reduce challenging behavior. Be creative! For any activity, think of **any** choices you can offer that engage your child and gives him/her an opportunity to participate and be heard. If you’d like more information on providing choices for your child- let us know!

janice.jhuber@tc-

UPCOMING FAMILY GROUP MEETINGS

Lafayette- Monday, February 14, 2:00pm, in person

New Orleans SMSS- February 17, 6:30pm in person

Houma/Thib- February 15, 9:30 and 12:00 noon online

Hammond – February 23, 8:30am in person

Baton Rouge Pre-K- February 8 at 8:45am in person

Baton Rouge School-aged- March 3, 8:45am in person

In -person meetings: please wear a mask and practice social distancing, please refrain from attending if you have any symptoms of illness

Online: Angie Lanoux will send a ZOOM link prior to the meeting
We look forward to seeing you!



Touchstone ABA is in the process of getting your input! Angie Lanoux has emailed our February **Parent/Caregiver Satisfaction Survey** to all our clients. You should have also received a hard copy of the survey from your center. If you haven’t, please let us know! Administration reviews each survey to learn more about your satisfaction with our services and your suggestions for improvement

 **WELCOME TO OUR NEW FAMILIES!**

Please call or text Janice Huber to schedule your New Family Orientation (337) 526-5231