



PARENTING & INSTRUCTIONAL **BEHAVIOR** SOLUTIONS

MISSION

The mission of the Down Syndrome Association of Jacksonville's Parenting & Instructional Behavior Solutions program is to assist families and professionals with research-based tools and education as they guide and support individuals with Down syndrome. This program will offer solutions that help people with Down syndrome live an independent and inclusive life.



LIL STARS: INFANCY-5 YEARS OLD

Early learners in this age group will focus on the following topics and skills:

- ★ **modes of communication:** vocal, sign language, PECS, augmentative devices
- ★ **functional language skills:** accessing reinforcement without engaging in problem behaviors
- ★ **play skills:** imitation skills and parallel play
- ★ **generalizing positive parent/child interactions in multiple environments**
- ★ **introductory potty training**
- ★ **budding independence and basic self-help skills**
- ★ **manding/requesting**
- ★ **nutrition/food tolerance**

Parents will also benefit from insight on education for young children with Down syndrome which can include assistance with public or private school placement, Individualized Education Plan (IEP) options, Least Restrictive Environment (LRE) placement, scholarship availabilities, psychological evaluations, school or IQ testing advice, and more.



SHINING STARS: 6-12 YEARS OLD

Children in this age group will benefit from several important skill categories to help them expand on earlier skills while developing healthy, independent behaviors that will become the building blocks for continued success. This includes:

- ★ **functional communication training:** teaching kids to comply with requests by increasing their length of vocalization and requesting information while also increasing expressive language skills (i.e. engaging in conversations)
- ★ **self-help skills:** including buttons and zipper manipulation, handling a door/locker/mailbox key, proper hand washing, and the overall improvement of independent everyday life skills
- ★ **feeding and school-related skills:** leading to more self sufficiency in the lunchroom or restaurants which can entail opening drink containers or water bottles, using napkins, and basic meal etiquette in a variety of settings
- ★ **play/sharing skills:** learning to play safely and productively with their peers - this includes skills such as taking turns, sharing, displaying good sportsmanship, and more. Kids will also learn about team building and developing confidence



TEEN GROUP: 13-17 YEARS OLD

This group will focus on critical group learning skills and social engagements that build independence and confidence among their peers. They will build on social skills including:

CONVERSATION SKILLS

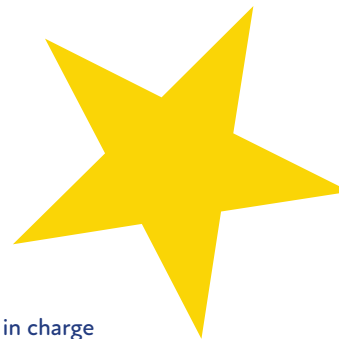
- ★ establishing and maintaining eye contact
- ★ reciprocal conversation
- ★ introducing a topic
- ★ staying on topic
- ★ waiting your turn and not interrupting
- ★ transitioning to another topic
- ★ ending a conversation

GAMES/GROUP ACTIVITIES

- ★ turn-taking
- ★ waiting with patience
- ★ sportsmanship
- ★ accepting losing with grace
- ★ working as a team/working with others
- ★ respecting authority/generalizing to other adults in charge

FOOD ETIQUETTE

- ★ eating properly when out in a restaurant or elsewhere
- ★ using utensils properly





ADULTS: 18+ YEARS OLD

Adults with Down syndrome will refine existing behaviors while developing new skills that will help them live an inclusive, independent, and fulfilling lifestyle throughout adulthood. This includes categories such as:

- ★ **social skills: establishing and maintaining lasting positive relationships**
- ★ **job coaching/career exploration and development**
- ★ **mental health resources and best practices**
- ★ **nutrition and healthy eating habits**
- ★ **physical health and exercise**