

Shaping Success Together



SMALL STEPS TO BIG CHANGES FOR YOUR FAMILY

Understanding the Goal (The Science)

1. Define the Desired Behavior

What is the end goal you'd like your child to achieve? *(Example: Riding a bike, staying calm when frustrated, completing homework independently.)*

Why is this goal important for your child or family?

2. Break It Down

What are the smaller steps or approximations that could lead to this goal? *(Example: Balancing on a bike with training wheels, taking a deep breath before asking for help.)*

3. Identify Reinforcers

What motivates your child? What are their favorite rewards? *(Example: Verbal praise, high-fives, small treats, extra playtime.)*

Embracing Your Family's Unique Approach (The History)

1. Cultural Perspective

How does this behavior align with or differ from values in your family culture? *(Example: Does your family prioritize independence, teamwork, and perseverance?)*

2. Family Traditions or Stories

Are there sayings, stories, or proverbs in your family that encourage small steps toward growth? *(Example: "Little by little, we grow stronger.")*

Building a Supportive Environment (The Art)

1. Know Your Child's Starting Point

Have you tried this task with your child? What are they currently able to do?

(Example: Can they balance with assistance? Can they stay calm for 10 seconds before asking for help?)

2. Emotional Awareness

How does your child react emotionally to this task? What signs do you notice that they are frustrated or overwhelmed? What makes them feel confident and secure?

3. Adjust the Next Step

What is a challenging but manageable step for your child to work on next?

(Example: Moving from holding your hand to balancing briefly on their own.)

Action Plan for Shaping Success

Create a Step-by-Step Plan

List each step your child will work on, starting with what they can already do. Include a specific reinforcer for each step.

| STEP | REINFORCER |
|----------------------------|---------------------------|
| (Example: Sit on the bike) | (Example: Verbal praise) |
| (Example: Pedal with help) | (Example: Extra playtime) |
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Celebrate Small Victories

How will you celebrate progress, no matter how small?

Reflection and Feedback (Bringing It All Together)

1. Family Insights

What did you learn about your child's learning process?

How has focusing on small steps changed your perspective on their growth?

2. Family Collaboration

How can the BCBA and family team work together to adapt and refine this plan?



Tips

Trauma-Informed Tip

When introducing a new step, ensure your learner feels **supported and safe**. Watch for **signs of stress** and adjust if the task feels overwhelming. This is a great opportunity to **model and practice self-regulation**. Progress is about making the next step achievable and celebrating each try.

Culturally Responsive Tip

Use **reinforcement strategies** and **success celebrations** that resonate with your family's values and traditions. This is a great opportunity for the family team to learn about sayings, songs, or proverbs that support this learning.