

What is parent training?

Parent/Caregiver training programs describe a wide range of interventions, including care coordination, psychoeducation, language or social development treatments, and strategies designed to address maladaptive behaviors. These manualized programs emphasize a caregiver's role as the agent of change using time-limited, evidence-based approaches. Parent/Caregiver training models use step-by-step techniques to improve behaviors during daily routines such as video clips, discussion activities, role-play, and homework assignments

How does it work?

Behavioral parent/caregiver training programs teach caregivers to use evidence-based strategies to increase positive, pro-social, and adaptive behaviors while decreasing problematic behaviors. Parent/Caregiver training is often conducted through "coaching" sessions providing caregivers with "in the moment" practice in managing behaviors. Most models are relationship-based and are practiced during natural play activities and daily routines. Homework is central to change, and commonly, caregivers are involved in selecting goals for their child.

Why is parent training appropriate?

Parent/Caregiver training programs make caregivers active partners in the intervention process. Teaching and coaching caregivers in using evidence-based strategies empower them to be therapists for their child; caregivers can implement and practice daily. Positive parenting skills can reduce the risk of later problematic behaviors for children, support family well-being, and improve caregiver mental health. Parent/Caregiver training programs can help caregivers feel more confident in addressing their child's needs.

Who is it appropriate for?

Various evidence-based parent/caregiver training programs effectively treat disruptive behaviors in children who have autism from preschool to adolescence.

Parent Training Resources

Research Units in Behavioral Intervention RUBI
www.rubinetwork.org

Incredible Years
<http://www.incredibleyears.com/>

Project ImPACT
<https://bridgecollaborative.com/projectImpact>

Kazdin's Parent Training
<https://alankazdin.com/>

Triple P (Positive Parenting Program)
www.triplep.net

Early Start Denver Model
www.edsm.com

Parent Child Interaction Therapy (PCIT)
<http://www.pcit.org>

Additional resource guides and a full list of references at <https://www.delawareautismnetwork.org/>.

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