



# MONTHLY NEWSLETTER

Jan - Feb 2024

Volume 11

## HIGHLIGHTS:

- Focus of the month: Insight into Skills for Public Safety
- Understanding Fading and its importance
- Addressing current affairs for our children
- Highlights of the month
- Upcoming webinar



## CENTRE FOR GROWING MINDS MONTHLY NEWSLETTER

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### WE ARE NOW OFFERING ADOS ASSESSMENT AT CFGM!

#### WHAT IS INCLUDED?

An autism assessment includes:

- An initial autism screening
- A developmental history assessment
- An Autism Diagnostic Observation Schedule (ADOS) by two ADOS assessors
- A comprehensive diagnostic report
- A parent feedback meeting with results and recommendations

#### ABOUT ADOS

ADOS-2 is semi-structured standardised measure of differences in social communication, play and cognitive flexibility associated with an autism diagnosis. At CFGM, ADOS will be administered by two certified assessors to minimise potential for discrepancies during diagnosis.



**Areesa chinoy**  
Child Psychologist Board  
Certified Behaviour Analyst  
ADOS Assessor



**Ahlam Premjee**  
Board Certified Behaviour  
Analyst ADOS Assessor

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## Skills for Public Safety

### A step-by-step guide

Naiha Khan, RBT.

Children with different abilities face a higher risk of personal safety concerns and potential abuse. Unsafe behaviours like elopement, difficulty asking for help, and a lack of understanding of basic danger situations contribute to this vulnerability. Limited communication and receptive skills further elevate the risk. Caregivers must proactively plan to prevent these situations and teach children how to respond effectively. The following step-by-step guide provides strategies for both prevention and preparing children for challenging situations.

#### **Strategies to use in advance:**

1. Always secure your home by ensuring safety locks on doors and windows. Similarly, when travelling in a car, make use of child lock and window lock. An alarm system at home will ensure additional security.
2. Identify and fix potential hazards outside your home. For example, an open pothole or naked wires.
3. Use stories, visual cues, and real-life examples to explain potential safety hazards to your child from a young age. It helps when they are made aware before they attempt to engage in unsafe behaviours or be in dangerous situations.
4. Identify your child's unsafe behaviour triggers. For instance, if they engage in elopement make a note of the times and places they wander towards.
5. Now that you know when and why they engage in unsafe behaviours, prevent them from happening. For instance, avoid going to specific places or stop your child's unsafe behaviour before it even starts.

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6. Place an information card in your children's bag that mentions an emergency contact and your child's name.
7. Use safety features found in phones. For example, location sharing.

### Strategies to learn Public Safety

#### **Teaching strategies:**

1. Praise and reward your child when they practice safety behaviours such as holding your hand when crossing the road.
2. Ensure lack of reward when they engage in unsafe behaviour. For example, if they run towards an elevator without your supervision, have your child practice waiting and praise them only after they wait for you to use the elevator.
3. Revise safety rules frequently and practice. For example, at home, include other family members and role-play crossing the road.
4. Practice social questions frequently. Your child should know how to answer important questions such as (1) what is your name? (2) what is your parents name? (3) where do you live?
5. Practice skills such as asking for "help" and who your child can ask help from.
6. If your child shows an increase in unsafe behaviours at one environment (example: a loud mall), work on taking them to that place for short durations only until they can regulate and tolerate that place for longer durations.
7. Allow your child space to practice safety behaviours independently. Often, lack of opportunity to practice skills results in inability to apply them.



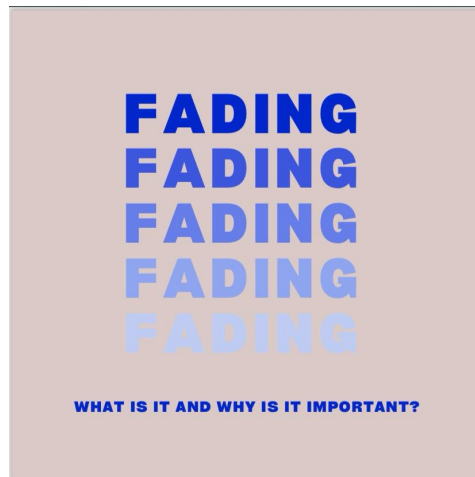
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## Understanding Fading and its importance

Malaika Malik, RBT



### WHAT IS FADING?

FADING IS THE PROCESS OF DECREASING THE LEVEL OF ASSISTANCE REQUIRED BY OUR CLIENTS

THIS CAN APPLY TO ASSISTANCE IN CERTAIN TASKS, LEVELS OF PROMPTS REQUIRED, OR EVEN THE PRESENCE OF A THERAPIST OVERALL

WHAT IS THE REASON FOR FADING?



**TO PROMOTE INDEPENDENCE**

**ENCOURAGES GENERALISATION FOR SKILLS LEARNT IN OTHER ENVIRONMENTS AND WITH OTHER PEOPLE**

**PROCESSING TIME FOR OUR CLIENTS WHEN A THERAPIST IS LEAVING**

### FADING AS A SUPERVISOR

A SUPERVISOR IS RESPONSIBLE FOR:  
PREPARING THE CHILD AND FAMILY INVOLVED IN ADVANCE

FORMULATING A TERMINATION/TRANSITION PLAN TO BE CARRIED OUT BY THE THERAPIST INVOLVED

OUTLINING A BEHAVIOUR PROTOCOL FOR TARGET BEHAVIOURS

PREPARE FOR RE-EMERGENCE OF PREVIOUS OR NEW BEHAVIOURS AS A RESULT OF THE FADING

### FADING AS AN RBT

TO MAINTAIN ETHICAL INTEGRITY, AN RBT MUST:

HAVE A TENTATIVE PLAN FOR EXPECTED AND UNEXPECTED LEAVES

INFORM THE SUPERVISOR IN ADVANCE SO THAT THEY MAY COME UP WITH AN APPROPRIATE TRANSITION PLAN

CARRY OUT THE TRANSITION PLAN PREPARED BY THE SUPERVISOR

DEMONSTRATE THE BEHAVIOUR PROTOCOL WITH A NEW THERAPIST AND PREPARE THE CHILD FOR TRANSITION

### FADING IN SESSION

WHEN WORKING WITH A CLIENT, THE THERAPISTS' GOAL IS TO LEAVE THE CLIENT FULLY INDEPENDENT OF THEM

THAT IS, THE CLIENT SHOULD BE ABLE TO TRANSFER THEIR SKILLS FROM THE SESSIONS TO THEIR REAL LIFE INDEPENDENTLY

THIS BEGINS BY FIRST FADING PROMPTS AS THE CLIENT GETS FLUENT IN THEIR GOALS

AS THE LEVEL OF ASSISTANCE DECREASES, SO DOES THEIR LEVEL OF DEPENDENCE ON THE THERAPIST

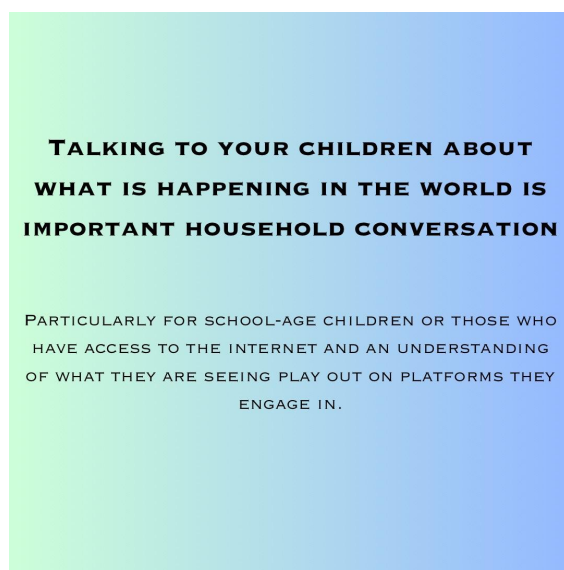
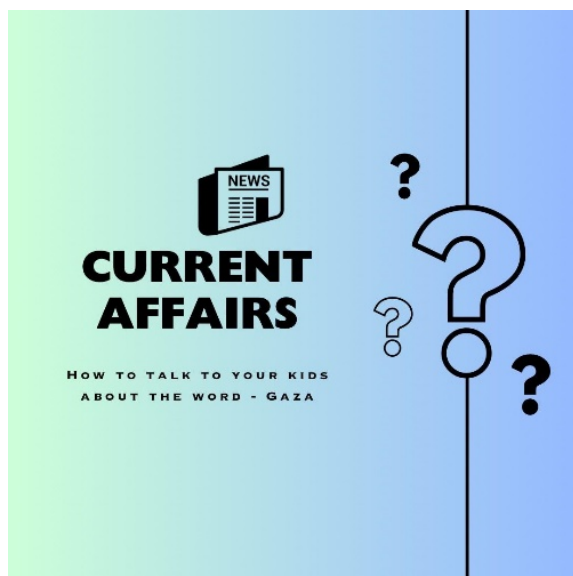
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## Current affairs: Why keeping up with current affairs matters and how to discuss them with children

Malaika Malik, RBT



### STEPS TO TAKE STEPS TO TAKE **STEPS TO TAKE** STEPS TO TAKE

1. Broach the subject
2. Impart information
3. Create a safe space for questions
4. Keep the conversation open

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## Steps to having an open conversation with your child about Gaza

### **BROACH THE SUBJECT**

CHILDREN HEAR AND KNOW MORE THAN WE EXPECT THEM TO. IT IS IMPORTANT TO KEEP A CHECK ON ANY PERTINENT TOPICS THEY MIGHT HAVE KNOWLEDGE OF. TAKE THE TIME TO SIT DOWN AND ASK YOUR CHILD WHAT THEY KNOW ABOUT WHAT IS HAPPENING IN PALESTINE. ALLOW THEM TO LEAD THE CONVERSATION.

### **IMPART INFORMATION**

ONCE YOU HAVE AN IDEA OF THE EXTENT OF YOUR CHILD'S KNOWLEDGE ON THE ISSUE, YOU CAN STEP IN TO DIVULGE MORE RELEVANT INFORMATION. YOU CAN MAKE A JUDGMENT CALL ON HOW INDEPTH THIS CONVERSATION NEEDS TO BE. THE GOAL IS TO KEEP THEM INFORMED ON THE BASIC HISTORY AND CURRENT SITUATION.

### **CREATE A SAFE SPACE FOR QUESTIONS**

WHILE TALKING TO THEM ABOUT THE INFORMATION YOU FIND RELEVANT, ALLOW YOUR CHILD THE SPACE TO DISCUSS AND ASK SPONTANEOUS QUESTIONS!

### **KEEP THE CONVERSATION OPEN**

POST YOUR IMMEDIATE CONVERSATION, LET YOUR KIDS KNOW THAT THEY HAVE THE FREEDOM TO BRING UP THE TOPIC WHENEVER THEY WANT! ANY AND ALL QUESTIONS ARE WELCOME - ALLOWING FOR GROWTH AND A BETTER UNDERSTANDING!

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**Highlights of the month**



Art activities in group sessions



On-going group session



Our Founder giving a talk at Ladiesfund



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**Celebrating our RBT Erum on the special occasion of her wedding**

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### Upcoming webinar: Addressing concerns in ABA

There has been a lot of concerns circulating recently about ABA and the ethics behind him. We, as a team at CFGM, are taking the time to address these concerns and share strategies we are taking to better help our kiddos in an ethical and effective way. Parents, please send through your questions and concerns. Questions can be sent directly via WhatsApp or Email us at [info@growingminds.com.pk](mailto:info@growingminds.com.pk)

Our webinar will take place on Saturday, 2<sup>nd</sup> March 2024, from 12:30-1:30 p.m via Instagram Live. Don't forget to tune in!



#### LIVE SESSION

#### Addressing concerns in ABA



Areesa chinoy  
Child psychologist, BCBA



Ahlam Premjee  
BCBA



Naiha Khan  
RBT



Faiza Fazan  
RBT, QASP-S

Saturday : Time  
2nd March 2024 : 12:30-1:30pm

Send your questions in  
advance!