

CENTRE FOR GROWING MINDS

MONTHLY NEWSLETTER

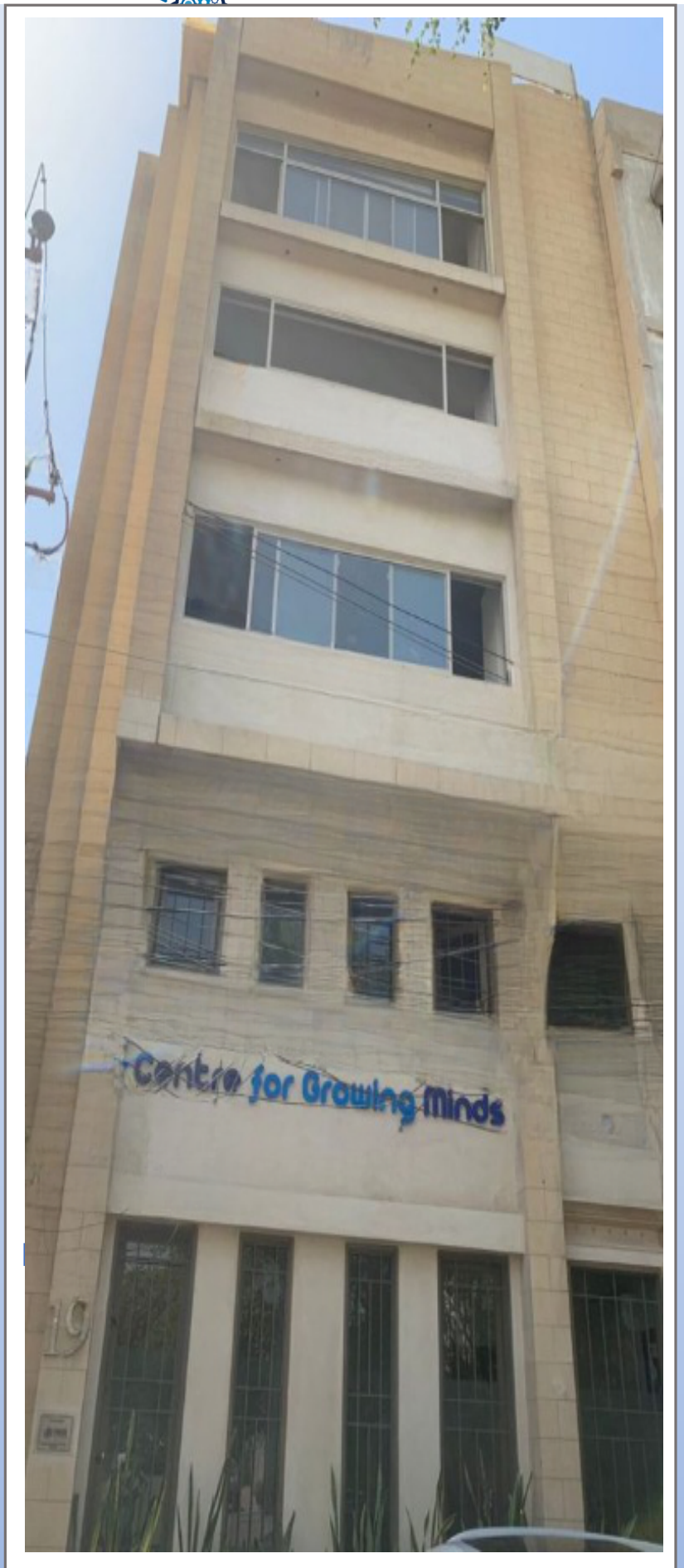
Volume 3

28th January 2023



HIGHLIGHTS:

- Founder's Message to Parents.
- Article by Naiha Khan.
- Parent Training Program.
- Facility Details.





CENTRE FOR GROWING MINDS
MONTHLY NEWSLETTER
www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

Dear Parents,

Welcome to our 3rd Newsletter from Yaqin Place!

As mentioned in our earlier newsletters, we will be constantly introducing new facilities/sessions for continuous improvement of the organisation. We will be sharing a Newsletter with you regularly and look forward to any feedback you can give that will help us improve our facility further.

I am pleased to inform you that Sarah Amin, our first employee, has recently passed her BCaBA examinations. Sarah has been on maternity leave for some months and is now offering on-line services and will inshallah soon be available again to The Centre For Growing Minds.

This month we have also updated our website to include ABA parent guidelines, and the credentials/qualifications of our Care team.

We will be arranging special training sessions in the upcoming months for Parents as well as Teachers to improve children growth.

As you must have noted, we have not revised our rates since we have been at Yaqin Place but as rocketing inflation has caused a huge strain on the cost of living of our employees, we had to adjust their emoluments a few months ago. We are now consequently being forced to increase our fees going forward.

I am however well aware that with each client having numerous sessions in the month this cost becomes significant so am pleased to confirm that I will continue to charge a lower rate for those clients who pay for the entire month in advance as this reduces our administrative cost.



CENTRE FOR GROWING MINDS
MONTHLY NEWSLETTER
www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

Apart from our Operational Staff, our Administration Staff has also been working tirelessly to ensure smooth flow of operations. In this regard, it has been observed that payments are sometimes not made prior to the start of the session and this creates unnecessary burden on our admin staff to follow up on payments. Parents are again being reminded that we have a Credit Card facility as well to facilitate your requirements and would again request that payments are made prior to the start of session. A late payment administrative surcharge of PKR 500 per session, will be charged to cover the cost of follow up in the event that payment is received after the start of session.

The BACB board continues to take administrative action to prevent misuse of this qualification which is becoming rampant in our region. Going forward, organizations and therapists can no longer use their title or the BACB logo alongside their name or incorporate the same as part of their organization branding.

In order to make this newsletter more productive, our team members will be contributing articles that we hope you will find informative.

Look forward to continuing to serve you in 2023.

Sincerely,

Areesa Chinoy
Founder
Centre For Growing Minds



CENTRE FOR GROWING MINDS

MONTHLY NEWSLETTER

www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

Using Food as Reinforcer: A Dilemma in ABA Therapy

In Applied Behaviour Analysis (ABA), ‘reinforcers’ are rewards that increase the likelihood of a desired behaviour to happen again. Reinforcers need to be provided after the behaviour has occurred, consistently, over a period for the desired behaviour to be learnt. ABA uses this concept to teach functional and socially appropriate behaviours as well as life skills to individuals with differential development and special needs. Therefore, it is essential to identify the best reinforcers for everyone. Food reinforcers are commonly used in ABA. While this type of reinforcement has shown to be effective, several research has been conducted over the years to understand its efficiency and undesirable effects it has on individuals.

When early researchers conducted a comparison between two group of reinforcers, food versus toys/tangibles, they found 78% of individuals to prefer food over tangible items. Keeping these findings in mind, it was also argued that other factors such as portion size of the food, individual’s own food preference and how hungry one is, can alter the motivation to prefer food. In order to test this, another research created an experimental condition, whereby they gave participants food to eat prior to testing them for their preference. They found food to still be preferred over tangible items. This suggests, that regardless of being hungry or not, individuals still preferred food over other tangibles. These results indicate food as reinforcers to have a higher value when compared to toys/tangible items.

Considering the higher value of food, using them as reinforcers have multiple advantages. Firstly, due to its strong preference, it is very reliable. As mentioned previously, it is unlikely that food reinforcers will be denied or not preferred. This helps therapists and caregivers administer plans effectively. Secondly, administering food as form of reinforcement is simple. Caregivers and therapists can provide food as reinforcers anywhere and will usually have some options to choose from. Lastly, and one of the most important advantages of using food as reinforcers is, that it is shown to be effective in managing difficult behaviours. Various research conducted from 2010 to 2017 found aggressive behaviours to be reduced in children, and an increase in following through with instructions when food item was withheld if the child engaged in aggressive behaviours. This meant, the specific food item was provided only when



CENTRE FOR GROWING MINDS
MONTHLY NEWSLETTER
www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

the child followed through with instructions. Subsequently, reinforcement was not provided when the child engaged in aggressive behaviours. Given the reinforcing value of food, and the effect it has on aggressive behaviours as found by empirical research, it can be assumed that using food in therapeutic practices as reinforcement can help modify aggressive behaviours and facilitate learning of skills.

While food as reinforcers have various benefits and have shown to work in behaviour analytic practices, like any variable, it has its limitations. Firstly, understanding food intake, and having a positive relationship with food is a part of every child's development. When food is given as part of rewards, and outside the context of mealtime, it can interfere with children's ability to regulate their eating. Subsequently, it has been observed that most reinforcing foods are either too sugary or too salty. This can lead to other health issues such as weight gain, cavities, increased blood sugar and cholesterol levels if delivery of unhealthy reinforcers is not regulated. Furthermore, to only reinforce appropriate behaviours, food reinforcers can be withheld and not given. This can create ethical concerns as reliance to food reinforcers can become too great resulting in frustration and eventually aggressive behaviours. A study conducted in 2010 showed that when participants were denied reinforcement or were given a food item that was not of high preference, they engaged in aggressive behaviours. This is because they had a history of being given food items that they preferred more. Research has also shown food reinforcers to be less effective when teaching skills. Other reinforcers such as social praise and appreciation have a more positive effect on skill acquisition. Lastly, administration of food as a form of reinforcement is unnatural and difficult to fade out. If we, as caregivers and service providers, want to provide the most natural environment possible, the administration of food is the least natural mode of reinforcement

In conclusion, evidence has shown that using food items as reinforcements within ABA therapy does offer advantages- particularly in how effective and reliable it is to manage difficult behaviours. However, caution must still be taken, and alternative options must be explored first where possible in order to benefit the overall progress of the individual.

Naiha Khan
Registered Behavior Technician
Centre For Growing Minds

CENTRE FOR GROWING MINDS

MONTHLY NEWSLETTER

www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

FACILITY DETAILS

BASEMENT

- Can accommodate 6 children simultaneously in our fully equipped special Early intervention Red, Blue and Yellow rooms.
- Staff Lounge is also located on this floor.
- Large waiting area.



GROUND FLOOR

- Two main Consulting rooms are located here.
- Our 1:1 intervention Green classroom and a Day Care facility are also located here.

PARENT TRAINING PROGRAM

(18th February 2023, 11:00am – 12:30pm)

As part of continuing to improve our services and increase awareness, we would like to invite you all to our first Parents Workshop on ‘To eat or not to eat – a discussion on the nutrition effects on our children.’

We will have a guest speaker, Dr Nilofer Fatmi Safdar, an associate professor of nutritional sciences from DOW University of Health Sciences with over 35 years of experience. She is a Nutritionist, Clinical Dietitian, academician, and community-based participatory researcher, trained in public health, Clinical Nutrition, Dietetics, Food & Nutrition. She has a PhD in Public Health Nutrition from the University of Massachusetts, USA, and M.S in Clinical Nutrition from City University of New York. She also has a Mid-career professional degree in international Nutrition from Cornell University USA.

This first session is exclusively for parents of our current children, with a booking fee rate of PKR500.

All parents are requested to send to confirm their participation to Ashbeel or Khurram on What’s app or email us at info@growingminds.com.pk as we have limited space available which will be available on a first come first serve basis.

TEACHER TRAINING PROGRAM

We are working on developing this module and will soon offer this to teachers in the community in order to assist them in identifying and catering to the needs of special children.

Details to follow!

CENTRE FOR GROWING MINDS
MONTHLY NEWSLETTER
www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

FACILITY DETAILS

-Separate washrooms for Male and Female.



FIRST FLOOR

-The Mozart, Da Vinci, Agatha Christie and Einstein rooms are located on this floor.
-Staff pantry is also here.



FACILITY DETAILS

SECOND FLOOR

Multipurpose hall / Auditorium for large trainings and Group sessions.



ROOFTOP

-Prayer area.
-Open café.
-Smoking area.



CENTRE FOR GROWING MINDS
MONTHLY NEWSLETTER
www.growingminds.com.pk

28TH JAN 2023 – VOLUME 3

FACILITY DETAILS

GROUP SESSIONS



WHEEL CHAIR ACCESSIBILITY



FACILITY DETAILS

MAIN ENTRANCE

