

# □ How to Make Your Home Match Your Child's Support Goals

A Real-Life Guide to Reinforcing Therapy

Without Turning Your House Into a Clinic

## □ Why This Guide Exists

Your child is learning skills in sessions — communication, emotional regulation, social interaction.

But if home feels like:

- Constant chaos
- A completely different rulebook
- Unpredictable reactions from adults and siblings

...then it's hard for your child to carry those new skills into real life.

This guide helps you:

- Create a home environment that *reinforces* what's being taught in therapy
- Make small, powerful changes in routines, language, and expectations
- Support your child's growth without sacrificing your sanity

## □ Step 1: Learn What They're Working On (and Why)

Before you can match anything, you need to know the actual targets.

Ask your BC, SLP, OT, or BI:

“What are the current goals you’re working on?”

“How do you want me to support that at home?”

“What language or cues are you using so I can match it?”

Examples:

- If they're working on transitions, use the *same* countdowns or timers
- If they're using visuals, *post them at home* too
- If they're reinforcing specific behaviors, do the same — consistently

You're not duplicating therapy — you're **backing it up**.

## □ Step 2: Use Consistent Language

Mixed messages = mixed results.

Match the words, prompts, and cues your team uses:

**Instead of:**

- “Why are you acting like this?!”
- “Come on, let’s go!”
- “Stop it now!”

**Try:**

- “Looks like your body’s overwhelmed. Let’s find a calm-down tool.”
- “We have 2 minutes, then it’s time to change activities.”
- “Let’s try that again the right way.”

□ **You’re building a language of safety.** And it works best when everyone speaks it.

## □ Step 3: Set Up Spaces That Support Regulation

You don’t need a sensory gym — you just need zones that match your kid’s nervous system.

**Try this:**

- A calm-down corner with soft items, visuals, headphones, or fidgets
- A “transition zone” near the door to practice putting on shoes, backpacks, etc.
- A mealtime routine board with simple steps: sit, eat, clean up, all done

Make the space *cue* the skill.

## □ Step 4: Build Mini-Routines That Stick

Most therapy work is built on routine, structure, and predictability. Bring that into your home:

- Morning checklist on the fridge
- Consistent 10-minute “transition time” before leaving
- End-of-day recap: “What went well? What was tricky?”

You’re giving them **repetition + safety** — the two most powerful ingredients for learning.

## □ Step 5: Choose 1 Thing to Reinforce Each Week

You don't have to do everything.

Just pick **one skill** your child is learning — and make that the focus at home for a week.

Examples:

- Asking for help
- Taking turns
- Waiting
- Identifying emotions
- Following one-step directions

Let the rest go. This is a marathon, not a race.

## □ Bottom Line

Your home doesn't have to be perfect.

It just has to be **intentional**.

When you align your language, routines, and spaces with your child's therapy goals, you're not "doing more" — you're doing *what works*.

This isn't about being a professional.

It's about being powerful in your own home.