



## May 2025 Catch it



### Generalising our therapy goals

It is the time of year when our therapists are trying to generalize the skills your children have been practicing all year. This could be generalizing the use of past tense into conversation, or getting a child to dress independently, or getting a child to sit for 5 minutes in any adult directed activity. Whatever it is, we all want our children to have success in their everyday life.

### How can I help?

Whatever setting you are in, you can help a child generalize the skills. At school, you can agree with your child that if you 'catch' the skill anytime during the day 50 – 100 times, they can get a special reward. This could be choosing a class game, running an errand or choosing who to sit next to for story time. Find something that motivates them to try, and you can make work within the classroom. If you can't reward them, this whole thing will fall down. Pop the goal on the wall and every time you 'catch' them using the skill, tally up the achievements. Together you can have the pleasure of success.



### What could go wrong?!



Let's face it, we have clever children and what might happen is that a target child stands there simply says or does the action they have to practice to get 50 ticks. Let them get away with 5, then give them a tricky sentence to say. When they achieve that, tell them you love their enthusiasm and they can clearly do it, so now let's see if they can use that target word / sound / activity in the yard, or the library or when its snack time. This is how you avoid getting too many ticks in a very short space of time.

If they forget, you can remind them by saying, I was so looking forward to doing 'x' with you, maybe we can practice 10 things now.

### Praise

Heap on the praise when you catch it. For example, you can say, 'wow' I heard you say your 's' sound clearly or 'amazing' you used your past tense correctly in the sentence. Great work!

Keep the praise specific and clear, so your child knows what they did will to get the praise they received, so they can do it again.



If you have questions about the goals your child is working on, or how to listen / watch for the goals so you can 'catch it' at home, please reach out to our team (details below). They would love to help you generalize your child's skills across their day.