

CAREGIVER'S CORNER

JAN. 2022

Welcome to 2022!



Behavioral Family Solutions is
wishing you a very prosperous and
Happy New Year!

We are excited to see what this
year holds for us and look forward
to continuing to make a positive
impact on your kiddo's life!

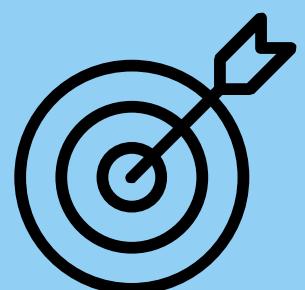
In the spirit of the New Year, we've
put together a small list of how to
get those new year resolutions to a
running start - ABA Style →



SET THE GOAL

The first step to accomplishing absolutely anything is to determine exactly what it is you want to accomplish!

When setting your goal, it is incredibly important that you make sure your goals are S.M.A.R.T:



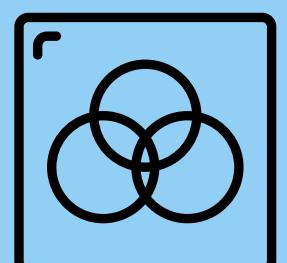
SPECIFIC



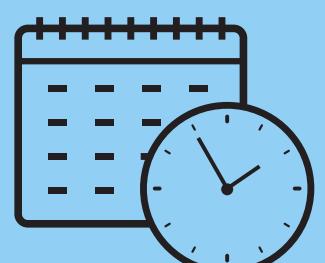
MEASURABLE



ACHIEVABLE



RELEVANT



TIME-BASED



MICRO-BEHAVIORS

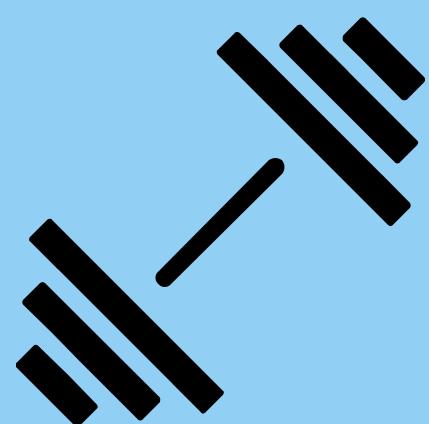
SMALL ACTIONS LEAD TO BIG CHANGES!

Making any step, no matter how small, towards your ultimate goal is worth celebrating.



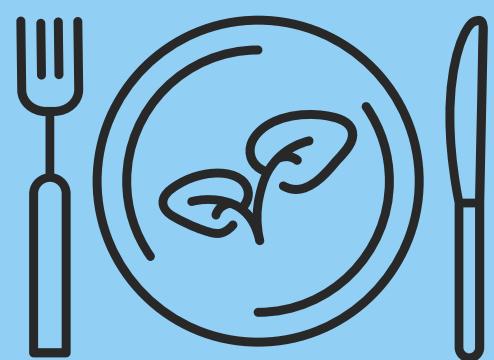
IS YOUR RESOLUTION TO START WAKING UP EARLIER?

Get out of bed 5 minutes earlier each day



IS YOUR RESOLUTION TO BEGIN WORKING OUT IN THE MORNINGS?

Walk for five minutes every morning



IS YOUR RESOLUTION TO EAT HEALTHIER?

Eat one vegetable each day

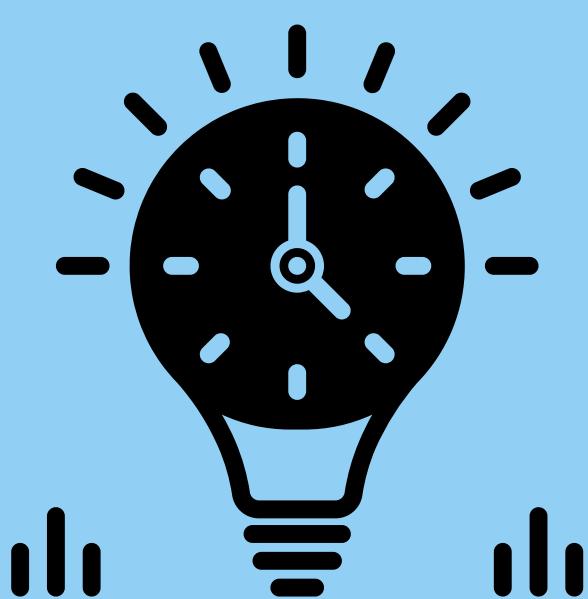


ESTABLISH THE ROUTINE

Start integrating micro-behaviors into your existing routine!

- i.e., "I'll go to the gym before work!"
- i.e., "I'll order this healthier option next time I eat here!"
- i.e., "I'll write in my journal for five minutes every morning before getting ready to go to work!"

Tip: Visual aids don't just work for your kiddos! Picture-activity schedules, calendars, planners, and check-lists can all be very valuable tools for you, too!



REINFORCE THE HABIT!

- Reinforce the effort made, not the accuracy of the behavior.
 - Celebrate the steps you have taken towards your goal! You'll only get better with time!
- Always provide encouragement and praise!
 - You are breaking out of your comfort zone! Don't discourage yourself - this will make you want to quit while you're ahead!
- Share your success with others!
 - This helps keep yourself accountable, as well as lets you provide encouragement and support to others as they aim to reach their own goals!



BUILD ON YOUR SUCCESS!

Make small adjustments to your micro-behaviors as you progress!

i.e., if your resolution is to wake up earlier in the morning, and you've finally mastered your initial micro-behavior of waking up five minutes earlier every day, you should adjust the micro-behavior to waking up ten minutes earlier every day. When that one is mastered, increase it to 15, and so on and so forth!

Building on your successes is crucial in achieving your desired goal and fully establishing your new habit!



AUTISM SPEAKS

PALM BEACH WALK



WHEN: MARCH 06, 2022

WHERE: MEYER AMPITHEATRE

Visit www.act.autismspeaks.org for more information



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