How to Share
~ Teaching Skills
Teaching Skills

We all use hundreds of skills every day. Many are used unconsciously, others we have worked to master. Teaching skills to our clients is one of the ways we fulfill our mission: To Improve the Lives of Those We Serve.
Examples of Skills

Some social skills we may be working on with clients can include

- How to Share
- Taking Turns
- Social Distance
- Eye Contact
- Good sportsmanship
- Teamwork/Cooperative play
Teachable Moments

Teaching of any kind always begins with a teachable moment. As staff we need to be able to recognize, take advantage of, create, preteach and praise in teachable moments.
Recognizing Teachable Moments

Recognizing a teachable moment begins with having target skills in mind. If you don’t know what you are looking for, you will never find it.
Taking Advantage of Teachable Moments

Once we know the skill we are looking for a chance to teach, we have to quickly take advantage of the teachable moment. Talking about what we “should have done” is much less effective than showing “how we do it” in the here and now.
Creating Teachable Moments

Often, we are able to create the circumstances to teach specific skills. Planning activities with peers automatically creates teachable moments for such things as sharing, taking turns, cooperation etc.
Preteach for Teachable Moments

Practice is the key to any new skill. Preparing for and talking about how to handle situations can help create success and avoid unnecessary challenges. Many clients use social stories, apps and picture schedules to give a concrete guide for upcoming activities.
Praise in Teachable Moments

Whether a client is totally, partially, or barely successful, praise is always a component of the teaching process. Recognizing effort is just as important as celebrating mastery when it comes to acquiring a new skill.
Teaching Techniques

Different teaching techniques can be used depending on the skill, circumstances and client. Everyone learns differently, so we want to fill our toolbox with a variety of approaches.
One tried and true teaching technique is “chaining”. A series of steps are used in the same order, each step another link in the “chain” that results in a new skill.
CHAINING

An example of a “chain” for handwashing:

1. Turn on water
2. Wet hands
3. Apply soap
4. Rub hands to lather
5. Rinse hands
6. Turn off water
7. Dry hands
Teaching the Chain

To chain the steps in the example, a respite worker will provide as much assistance as needed for all steps, focusing on mastery/independence in one step at a time, always praising success. The ENTIRE chain is always completed, but teaching focus is on the current “link” or step where the client begins to need additional support.
MODELING

Modeling is a very powerful teaching technique that requires staff to point out where and how they use the same skills they are teaching.
MODELING

Modeling is an excellent technique for some of the softer social skills like taking turns, sharing, good sportsmanship etc. It is not enough to use the skill, a worker also needs to point out when, how and why they are using the skill. Most effective in the here and now, modeling also creates a foundation for practice in the future.
Practice, rehearsal, pre-teaching ~ these are all ways to say the same thing — prepare BEFORE a skill is needed.
PRACTICE/REHEARSAL

Particularly when we know a situation is traditionally challenging or problematic for a client, preparing in advance can give a sense of confidence to both client and worker. It also provides an opportunity to discuss options, choices, and exit strategies as applicable.
4 steps for CONCRETE SKILLS

For more concrete skills, a 4 step approach is helpful

1) You **WATCH** me
2) You **HELP** me
3) **I HELP** you
4) **I WATCH** you
4 steps

The 4 step process may take several repetitions at each step, sometimes over the course of hours, days or even weeks. It is always the most difficult piece to recognize when a client is ready for the next step toward independence.
Applying Techniques

Which technique would be most effective to teach:

How to Share
Applying Techniques

Which technique would be most effective to teach:

*How to Use the Microwave*
Applying Techniques

Which technique would be most effective to teach:

Good Sportsmanship
Applying Techniques

Which technique would be most effective to teach:

Taking Turns
Applying Techniques

Which technique would be most effective to teach:

Crossing the Street
Applying Techniques

Which technique would be most effective to teach:

Making a Purchase
Applying Techniques

Which technique would be most effective to teach:

Eye Contact
Applying Techniques

Which technique would be most effective to teach:

Teamwork/Cooperative Play
Applying Techniques

Which technique would be most effective to teach:

Social Distance
Applying Techniques

Which technique would be most effective to teach:

*Table Manners*
Teaching Skills

Additional Questions/Discussion