

Caravel behavior experts presents:

# Navigating everyday parenting challenges

He started it! Setting up successful  
sibling interactions





# CARAVEL AUTISM HEALTH

A provider of **Applied Behavior Analysis** services, diagnostic, and counseling services to children with **autism** and their families.

We currently serve the Greater Chicagoland area, Wisconsin, Iowa, Minnesota, Washington and Idaho.





## Our Mission

## We change lives.

Caravel Autism Health's team of autism health professionals is dedicated to working with children with autism and related developmental disabilities and their families to develop skills, create connections and instill confidence. Our approach to ABA therapy is rooted in research and results.

Our founders and therapists are committed to being the most passionate clinicians in the autism health field. At Caravel Autism Health, our mission is to change lives.

## Our Presenters

### Matt Sargeant, MA, BCBA

Matt received a bachelor's in Law Enforcement and Justice Administration in 2001. He has work in the aba field since 2003. In 2017 he went back to school to pursue his MA in special education and graduated in summer 2020 and became a BCBA in February 2021.

### Valeria Gass, MS, BCBA

Valeria received a bachelor's in OT in 2010 and has worked with children since then. In 2016 she was introduced to the ABA field and in 2018 she started her master's in ABA.

# Agenda

- How to encourage sibling play
- How parents can help when siblings don't get along
- How to mediate play when there is a big age difference



# How to Encourage Sibling Play

1. Set up play stations where you have activities that both siblings enjoy playing. Some toys are better for individual play, others are better for pair play.

- have toys available that are age appropriate and that will increase creativity.

Examples: farm toys, play mobile, Legos, cars/tracks, marble run, magna tiles, cardboard box, don't break the ice, don't spill the beans, pick up sticks.

Examples of toys to increase individual play: Cause and effect toys, iPad, crayons, jig saw puzzles.

# Examples of toys

## Single Play



## Parallel Play



## Pair Play



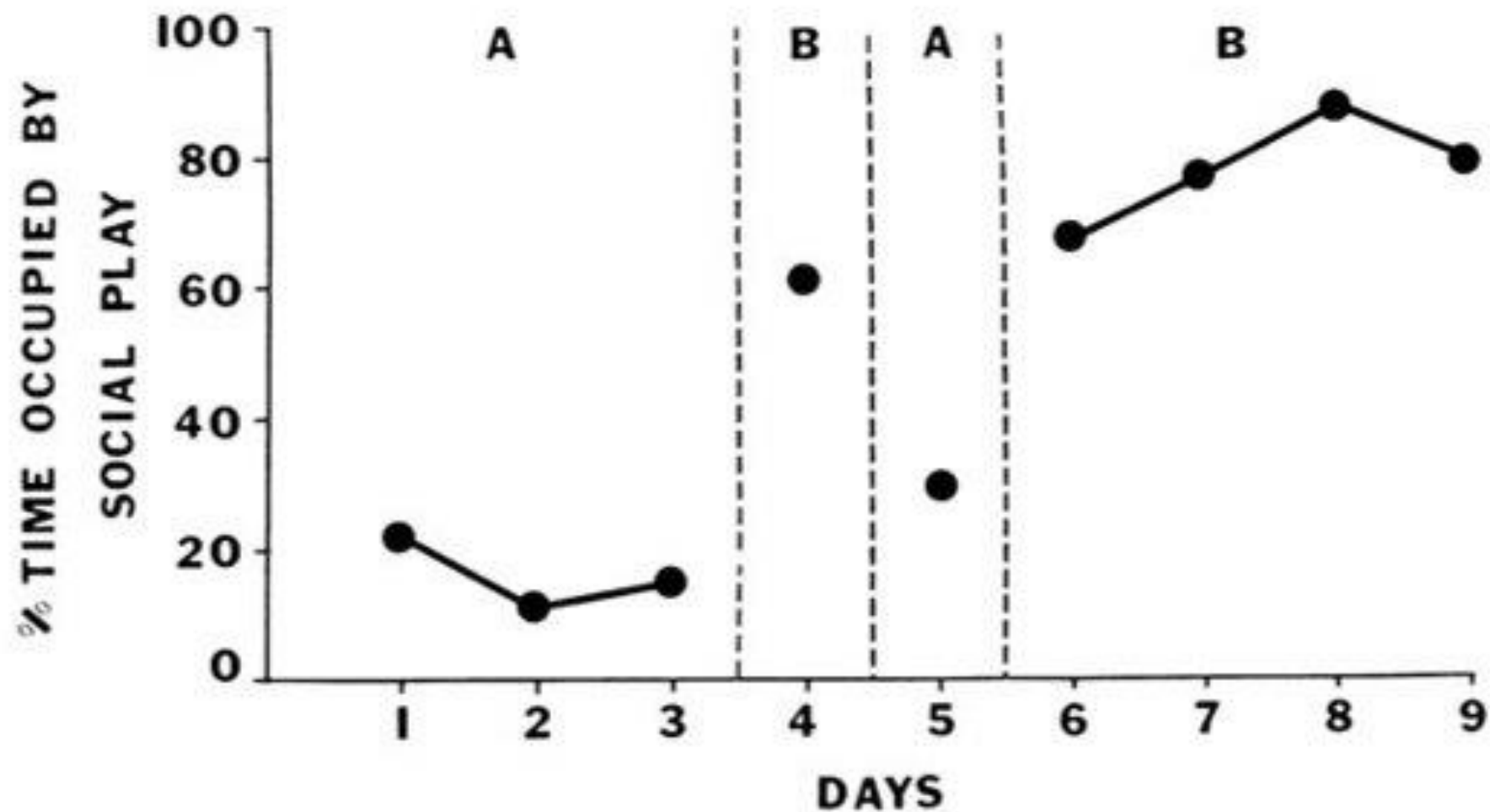


Fig. 2. Average percentage of time engaged in social play by six children for nine daily sessions of 15 min duration. Social toys were provided the children during the B conditions and isolate toys provided during the A conditions.



# How to Encourage Sibling Play

2. Be involved in the play/activity with the children

- narrating the play
- modeling appropriate behavior
- modeling different and creative ways to play with the same toy

Once they start playing well together, gradually fade out / back out and only jump in again if needed (e.g. there is a lull in play, there is a problem).

# How to Encourage Sibling Play

3. Always end on a positive note. It is always better to end sibling play early with everyone having a good time then having it go too long and have it possibly end in fighting.

- Identify about how long the siblings can play with each other before they start arguing.
- Once you have the time, you should start by ending the sibling play 5 minutes before that time.
  - Example: if you kids play nicely together for 10 minutes, start encouraging 5 minutes of sibling play, at least 3 times a day.
- After about 3 or 4 days of successful sibling play, you can add 10 minutes on the total time.

**\*\* DO NOT skip steps.** Even if the kids are playing nicely together, make sure to end on a good note to prevent fighting.

# How parents can help when siblings don't get along

- Be patient! Every child has their own time and forcing the child to participate in an activity might make things worse
- Set up a family activity
- Use toys for parallel play
  - same room, different toys, far away
  - same room, different toys, closer
  - same room, same toys
- Have toys that are not competitive
- If incorporating competition within the activities, place the kids in the same team



# How to mediate play when there is a big age difference

When working with a older sibling and a younger sibling it's important to make sure the sibling understands that the younger sibling won't be able to play at the same level as them and identify games/activities that the younger sibling does like and have the older sibling pick from those which one he would like to play.

- Examples: peek a boo, tickles, shape sorters, ring stackers.
- Have toys available that are for the older sibling only
- Have simple toys available and teach the older sibling how to play/interact with the younger one
- Reward the older sibling

Use and encourage single words or short concise sentences when playing if the sibling is much younger. (Ex. Instead of saying "Come here and get the blue car." You could say "Blue car" or "Get car")

## How can ABA help?

- Token system
- Good behavior game
- Social stories

# Questions?





**Thank you for  
attending today!**

For more information on  
**Caravel Autism Health** and our  
services, please contact our intake  
team at: **844.583.5437**