

Development and Pilot of the Caregiver Strategies Inventory

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Specific Strategies with Definitions, and Examples

Strategy	Definition	Example
Cognitive Behavioral		
Teach through Contingency and Follow with Praise/Reinforcement	Teach child to do activity using contingency (e.g., “if –then”) and follow with reward to help a child learn a skill	Tell child, “If you eat broccoli you can have a cookie”
Interrupt and Redirect	Use 2 steps: stop the undesired / interfering behavior and encourage engagement a different behavior	Tell child to stop spinning and give book to read
Prompting / Support	Use of modeling or visual / gestural / verbal supports	Point to picture instructions and remind child to “follow your tooth brushing steps”
Cognitive Explanations	Educate child (verbally or non-verbally) about the experience to increase understanding; activities to prepare, explain, label, forewarn, and role play	Name the input he/she is experiencing (“that was a truck’s horn”)
Encourage Self-Regulation Strategies / Recognition of Emotion	Demonstrate cognitive strategies for child to recognize arousal level and self-manage	Say to child, for example, “I can see that you are upset, let’s take some deep breaths”
Sensory-Perceptual		
Increase Sensory Intensity / Salience	Make stimulus louder, brighter, stronger, or firmer to meet child’s preference	Call name louder if child does not respond
Decrease Sensory Intensity / Salience, Modify Environment	Make stimulus less loud, less bright, etc. to meet child’s need for participation	Lower the volume; provide with sunglasses / headphones
Multi-sensory Cueing	Use additional modes of input to enhance or dampen the sensory experience	If child does not respond to name call, add a tap on the shoulder and/or flicker the lights to get his/her attention
Arousal Modulation	Use sensory-based excitatory or calming techniques to increase child’s ability to focus during daily activities	Use deep pressure, weighted vest to alter child’s state of arousal or meet child’s sensory needs
Routine Exposure to Sensory Stimuli	Have child experience/explore sensory input through daily activities: to desensitize, to become accustomed, to increase awareness	Gradually increase the stimuli child is exposed to
Provide More Appropriate Sensory Object or Venue	Make the sensory experience more socially appropriate or safe	Have child rock in a rocking chair, jump on a trampoline, chew gum, eat crunchy food
Avoidance		
Avoid	Actively try to not have child in situations in which the sensory experience will occur	Not use the blender/vacuum when child is home; avoid the grocery store during peak hours