

# Autism Navigator® JumpStart to Coaching in Everyday Activities

## About the Course

### Course Audience

Autism Navigator JumpStart to Coaching in Everyday Activities is a web-based course geared for interprofessional training for a variety of disciplines to support families of young children with or at risk for autism. It is designed to build the capacity of early intervention providers, community health workers, family navigators, home visitors, and early childhood teachers to coach families as they are learning in the *How-To Guide for Families*, so families can hit the ground running to support their child's learning in everyday activities.

### Course Content

Autism Navigator JumpStart to Coaching in Everyday Activities is a self-paced course with 20 hours of online content that uses interactive slides with audio narration, closed captions, and illustrative video clips. This is an abridged or "lite" version of our *Autism Navigator for Early Intervention Providers – Knowledge and Skills* course. Also included are links to web resources, research briefs, supporting documents to support learning and application of the information, and documents to share with families. Autism Navigator courses use an unparalleled video library with more than two dozen different toddlers with autism and their families embedding intervention strategies and supports in their natural environment. The video clips illustrate core diagnostic features, key social communication milestones and early signs of ASD, how to gather and share information with families, evidence-based early intervention strategies and supports used by families of toddlers with autism in everyday activities, and ways to manage challenging behavior using positive behavior support. Each video player contains commentary that recaps key points and highlights critical behaviors.

The course includes the content of the **Autism Navigator How-To Guide for Families**, which is comprised of 4 Guide Books and 2 Video Libraries:

Guide Book 1: Social Communication Milestones and how Autism Impacts Development

Guide Book 2: Collaborating to Make Early Intervention Work for You

Guide Book 3: Getting Started with Early Intervention Right Away

Guide Book 4: Addressing Challenging Behaviors

Library of Change with Intervention

Library of Everyday Activities

The course also includes 2 Field Guides for interprofessional training on building consensus with families on the early signs of autism and coaching families on how to get started right away embedding evidence-based strategies into their everyday activities to support their child's learning and development.

Field Guide 1: Having Difficult Conversations about the Early Signs of Autism

Field Guide 2: Coaching in Everyday Activities



Our e-learning platform includes a printed script of the content for each Guide Book and Field Guide that you can download. It also includes a Tools section that has print documents to support your learning and the families you are coaching. You can also complete a Learner Assessment with multiple-choice questions about information presented in each Guide Book and Field Guide, and then download or print a certificate of completion for each. Your Autism Navigator Jump Start certificate of completion can be used to claim continuing education units.

Pressed for time? We have developed the content to build across books, but you can decide which order you want to go through the books or the slides and video players within a book, and how much of the content you want to complete at any time.

### Companion to the How-To Guide for Families

Professionals with an annual subscription to Autism Navigator courses receive seats in the How-To Guide for Families, a value of \$500 per seat, to invite families with a positive screen for autism who are ready to get started supporting their child's learning. While families can purchase the How-To Guide, the goal is that a provider on their care team can invite them to the course at no cost to the family.

This How-To Guide for Families will be instrumental for providers to use with families they serve in early intervention. It is designed as a companion course for families served by providers enrolled in the Autism Navigator Jumpstart to Coaching in Everyday Activities or the Autism Navigator for Early Intervention Providers. The content and video illustrations can educate families and help to maximize time for coaching during intervention sessions to improve outcomes of toddlers with ASD and their families. Families can use the Professional Directory available on [www.AutismNavigator.com](http://www.AutismNavigator.com) under Family Resources to find professionals who have completed Autism Navigator courses.

## How to Enroll in the Course

You can learn how to enroll in Autism Navigator courses at [www.AutismNavigator.com](http://www.AutismNavigator.com). Find Courses on the top menu bar. Scroll down to see descriptions of the courses we offer and select Learn How to Enroll. You will be asked where you live because some states or regions have group rates or sponsored seats available. Select Family Resources to learn about the free courses and tools in our Seamless Path for Families.

### It Takes a Team to Support Families

Autism Navigator courses and tools are designed to help support collaborative partnerships with the medical home, early intervention system, community service providers, early care and learning, and families to improve children's outcomes. Our online platform maximizes the use of technology to bring evidence-based practice to families and communities at a critical window of opportunity. Go to [www.AutismNavigator.com](http://www.AutismNavigator.com) to learn more about our courses and family resources.

## What You Will Learn from Autism Navigator® How-To Guide for Families

### Guide Book 1: Social Communication Milestones and How Autism Impacts Development (2 hours)

- Key social communication milestones in infants and toddlers in 5 developmental domains: Emotional Regulation, Play, Social Connectedness, Language and Self Directed Learning.
- How the early signs of autism unfold and impact development and learning in these 5 developmental domains
- Importance of early gestures and what are the 16 gestures that all children should have by 16 months
- How to differentiate late bloomers from late talkers with persisting language problems
- Importance of preventing the secondary impact of autism on cognitive development and behavioral challenges and how to promote active engagement in young children with ASD

### Guide Book 2: Collaborating to Make Early Intervention Work for You (1 hour)

- The critical role of the family in detecting the early signs of autism
- Family perspectives on learning their child may have autism and the impact on the family when early signs are missed
- Concerns about labeling a child and having difficult conversations about autism
- Professional perspectives on how to build consensus on the early signs and promote ongoing collaborations
- What are early intervention services and how a family can get started in early intervention and find resources

### Guide Book 3: Getting Started with Early Intervention Right Away (2 hours)

- Why learning in everyday activities in the natural environment is so important to achieve the intensity needed for young children with ASD
- How to create learning opportunities in everyday activities at home and in the community to give your child a home field advantage
- The components of active engagement to help you decide which targets are priority intervention outcomes for your child
- Evidence-based intervention supports you can use in everyday activities to promote active engagement that are organized into 3 layers like a layer cake

### Guide Book 4: Addressing Challenging Behaviors (4 hours)

- Why children with autism have challenging behaviors
- How to understand the function of challenging behaviors
- How to develop and implement a positive behavior support plan in partnership with families

### Library of Change with Intervention (2 hours)

- Library of edited video clips showing change with intervention from 18-36 months of age for 8 toddlers with ASD and their families

### Library of Everyday Activities (3 hours)

- Library of 200 video clips of different families interacting with their toddlers with ASD in a variety of activities in each of the following 8 categories of everyday activities:

## What You Will Learn from the Field Guides in this Course

### Field Guide 1: Having Difficult Conversations about the Early Signs of Autism (2 hours)

- Sharpen your observation skills on the early signs of autism
- Communicating to build relationships with families
- Implementing family-centered services and supports
- Collaborating to build consensus with families

### Field Guide 2: Coaching in Everyday Activities (4 hours)

- How to collaborate and build consensus with families regarding decision-making on intervention outcomes and strategies
- How to coach families to embed evidence-based intervention strategies and supports in their everyday activities
- Using Autism Navigator tools to monitor meaningful progress to determine how well the intervention is working and whether program adjustments are needed