



Caregiver Skills Training

What is Caregiver Skills Training?

Caregiver Skills Training (CST) is an evidence-based program that equips parents and caregivers with the day-to-day skills they need to support their loved one with autism. You will be taught how to use your everyday routines to help build your child's social, communication, behavioral, and daily living skills.

Topics include:

- Finding play and home routine activities your child enjoys
- Keeping your child engaged in routines
- Teaching and expanding your child's current communication
- Preventing challenging behavior
- Helping your child stay regulated
- Teaching new skills in small steps
- Engaging in self-care

What does it look like?

Caregivers will attend virtual meetings every Thursday from 5:30 to 7:00 PM for nine weeks. Caregivers will also attend three individual, in-person sessions at the beginning, middle and end of the course for one-on-one training, coaching, and support.

Enrollment?

This course is free to any caregiver living in Missouri or Kansas with a child with a diagnosis of Autism Spectrum Disorder between the ages of 2 and 9. Caregivers must have access to Zoom and a stable internet connection to participate.

Please email **Casey Melancon**, Director of Autism Services at casey.melancon@esmw.org or call at **816-891-2930**.





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