

# Positive Parenting Strategies for Addressing Challenging Behavior

*Understand Behavior. Strengthen Routines. Empower Your Everyday.*

We're exploring how giving parents extra support focused on family life in parent training can help strengthen their child's behavior, make parenting strategies easier to use, and promote overall family well-being.

## WE ARE LOOKING FOR PARENTS WHO...

- Have an autistic child, a child identified as at risk for autism, or a child on a waitlist for autism services
- Are 18 years or older
- Speak English or Chinese



## PARTICIPATION INVOLVES

- An interview to understand the child's challenging behaviors
- Video-recording home activities with the child
- 2 planning meetings, 1 training session, and 4 short check-ins for support
- A follow-up interview
- Participants will receive up to **\$300** for their time and participation



## WHAT ARE THE BENEFITS?

- Learn practical strategies to support your child
- Understand and respond to your child's behavior
- Gain insight into your family's strengths and needs
- Receive individualized support

## WHEN AND WHERE

- **When:** Start as early as September 29th
- **Where:** Based on family preference (e.g., home, coffee shop, library)



Interested or have questions?

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**This study has been approved by the University of Washington Institutional Review Board (IRB)**