

News Notes

A Newsletter for Teachers of Students with Significant
Cognitive Disabilities
Educational Equity for All



March 2020



Welcome to the Alert Program® — Self-Regulation Made Easy!

The Alert Program® has boiled down complex theory to create simple, practical solutions you can incorporate into your every day living. One of the analogies we use with children is, “If your body is like a car engine, sometimes it runs on high (hyped up), sometimes it runs on low (lethargic), and sometimes it runs just right (alert and focused).” But it’s not just children. We are all self-regulators.

The more we all learn about self-regulation, the better we can handle life’s challenges. It helps us bring out our best selves.

We can show you how. We have been studying and sharing about self-regulation since 1990. Consider us your go-to source for solutions for your children, students, clients, and families.

The Alert Program® for All Online Course

<https://alertprogram4all.com/>



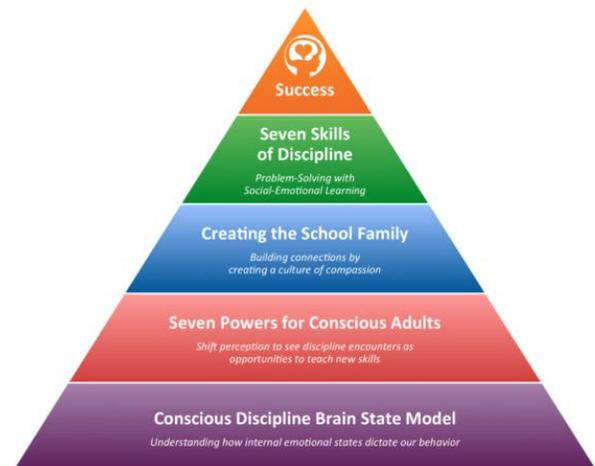
Conscious Discipline®

Evidence-Based, Research-Backed Methodology

Four Components of Conscious Discipline

Conscious Discipline is an evidence-based, trauma-informed approach. It is recognized by the Substance Abuse and Mental Health Administration’s (SAMHSA’s) National Registry of Evidence-based Programs and Practices (NREPP), and received high ratings in 8 of 10 categories in a Harvard analysis of the nation’s top 25 social-emotional learning programs. The Harvard study’s authors say, “Conscious Discipline provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities.”

Conscious Discipline encompasses these four components, which are scientifically and practically designed for success:



<https://consciousdiscipline.com/>

EDUCATIONAL EQUITY FOR ALL
..... Giving kids what they need to succeed.

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FEATURED IDEA OF THE MONTH



[Children's Factory LLC](#)

Comfy Cushion - Children's Set of Four

Bring soft story time seating to your classroom with the Children's Factory Comfy Cushion. Made of extra-soft, phthalate-free vinyl, these multicolored squares are a durable seating choice for students. t.ly/3dbZM



PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS)®

WHAT IS PECS®?

PECS is a unique alternative/augmentative communication system developed in the USA in 1985 by Andy Bondy, PhD, and Lori Frost, MS, CCC-SLP. The PECS teaching protocol is based on B.F. Skinner's book, Verbal Behavior, and broad spectrum applied behavior analysis. Specific prompting and reinforcement strategies that will lead to independent communication are used throughout the protocol. The protocol also includes systematic error correction procedures to promote learning if an error occurs. Verbal prompts are not used, thus building immediate initiation and avoiding prompt dependency.

PECS consists of six phases and begins by teaching an individual to give a single picture of a desired item or action to a "communicative partner" who immediately honors the exchange as a request. The system goes on to teach discrimination of pictures and how to put them together in sentences. In the more advanced phases, individuals are taught to use modifiers, answer questions and comment.

The primary goal of PECS is to teach functional communication. Research has shown that some learners using PECS also develop speech. Others may transition to a speech generating device (SGD). The body of research supporting the effectiveness of PECS as an evidence-based practice is substantial and continues to expand, with more than 150 research articles from all over the world.

<https://pecsusa.com/pecs/>

ALTERNATIVE AND AUGMENTATIVE COMMUNICATION

An overview of the Do's and Don'ts of AAC

Implementing Augmentative and Alternative Communication (AAC) is not easy so we created a poster and overview series of blog posts about the do's and don'ts of implementing AAC.

Remember, communication is a human right, fundamental to literacy development and participation in education, and occurs all day, every day. We are all responsible for making sure this happens for everyone.

Get the poster

[Download the AAC Do's and Don'ts poster \(PDF\)](#)

<https://www.assistiveware.com/blog/overview-dos-and-donts-aac>

WEBSITES AND RESOURCES

<https://supersimple.com/super-simple-songs/>

<https://aaalanguagelab.com/lessons-activities>

t.ly/grbNm



PROFESSIONAL DEVELOPMENT



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LEGO® Education Resources + Support

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<https://education.lego.com/en-us/support#Products>