

Caregiver Training and Home Collaboration

What caregiver training sessions generally cover and how home practice is planned together.

Caregiver training is time set aside for caregivers and the BCBA to work together. It is a partnership: the BCBA shares how the treatment plan works, and you share what daily life actually looks like. This guide describes what sessions generally include.

What caregiver training sessions generally cover

- Understanding your child's goals and the reasons behind them
- What teaching looks like during sessions, and why it is done that way
- Noticing and responding to the ways your child communicates
- Supporting routines that matter to your family
- Reviewing data and progress together
- Problem-solving situations you find challenging
- Safety planning, when it is relevant to your child

Sessions often combine discussion, demonstration, and a chance to practice with feedback, always at a pace and in a way you are comfortable with.

Why consistency across people and settings matters

Learners often benefit when the important people in their lives respond in similar ways. A skill learned in one place, or with one person, does not always show up somewhere else on its own. Talking through how caregivers, behavior technicians, and other team members respond helps everyone stay on the same page. What consistency looks like for your family is something you and your BCBA decide together.

Home practice is planned together

Any practice at home is discussed with your BCBA and shaped around your family's routines, schedule, culture, and energy. Nothing in this guide is an assignment, a protocol, or a recommended amount of practice. You are encouraged to say what feels realistic, and what does not.

Every strategy you hear about, here or anywhere else, is something to review with your BCBA before trying it with your child.

Services, goals, and progress are individualized. Nothing on this page guarantees a specific result, timeline, or authorization.

Your role

You are not expected to become a therapist. Your knowledge of your child, your observations, and your questions are the most valuable things you bring. If something is not working, or does not fit your family, please say so. Adjusting the plan is part of the process.

Questions you can ask your BCBA

- What should we focus on together right now, and why?
- How does this fit into our everyday routines?
- What should I do if a strategy feels hard to use at home?
- How will we know whether this is helping?
- Can we change the time or format of caregiver training sessions?

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