

# THE SOCIAL ABCs™

## A Guide for Families

The Social ABCs is a parent-mediated intervention programme for toddlers who need support with their social-communication development.

### Social ABCs क्या है?

As the person your child is closest to, you will get specialised coaching to support your child's communication and interaction. Your coaching will take place together with your child by a trained Social ABCs coach. You will work with your coach to learn special strategies that you can use during play-based activities and daily routines that your child finds most motivating and enjoyable.

### Social ABCs के लक्ष्य क्या हैं?

What are the targets of the Social ABCs?



#### 1. Child Communication

Encouraging intentional and directed vocal communication.



#### 2. Positive Emotion Sharing

Sharing smiles and eye contact when your child is feeling good.

### What is the format of the Social ABCs?

#### The Programme: 15 sessions

You attend

- Six Online Parent Group Sessions every Tuesday from 2:00—3:30 p.m. to learn the program strategies. The dates and timings of these sessions are fixed.
- Nine 1:1 Coaching Sessions with your child to practice the strategies under the guidance of your coach. The dates and timings of these sessions are booked based on your coach's availability.

In total, you attend 3 sessions per week in weeks 1-3 and 2 sessions per week in weeks 3-6.

Week	Online Parent Group	1:1 Coaching	Total sessions in that week
1	1	2	3
2	1	2	3
3	1	2	3
4	1	1	2
5	1	1	2
6	1	1	2

"The strategies taught during the Social ABCs™ programme fit right into our daily activities. At first I thought it would be really difficult but it was so simple. I could practise with my son during our routines together. The programme has made a real difference – he's started vocalising."  
– Parent in the Social ABCs programme

#### 1 preparatory session

In this 1:1 session, your coach will:

- Give you a detailed overview of the Social ABCs.
- Record a short video of you playing with your child.

#### 2 follow-up sessions

Two optional follow up sessions during which we check in with you and your child. The first would be a month after you finish the programme and the other after three months. After finishing the Social ABC, you may address other concerns.

**The total cost of the programme (not including the 2 follow-up sessions) is Rs 11, 400/-**

## Choosing Between Online and In-person Sessions

	Home-based (Online)	Centre-based (In-person)
<b>Learning</b>	Parents and children learn in a familiar, natural setting	Parents and children learn in a structured, controlled setting
<b>Adjustments</b>	Requires minimal adjustment from children which supports faster learning	Requires adjustment to new places and new people, which can take time
<b>Technology</b>	Smartphone, stable internet and wireless earphones	Nil
<b>Transport</b>	Nil	Transport to and from Sethu
<b>Activities</b>	Daily routines such as mealtime, bathtime, cooking and more	Limited to those available at Sethu or those brought from home

## FAQs

### Can you attend the Social ABCs while also attending other programmes?

We generally advise against this because it can be confusing to implement many different new techniques at the same time. However, if you feel you need to, please speak to us.

### Can both parents attend the Social ABCs?

Definitely! However, since coaches have the bandwidth to support one adult at a time, we request a family to choose one parent who will attend all group and individual sessions.



### Know more!

- Join the Parent Support Group
- Speak with families that attended the Social ABCs
- Visit [www.socialabcs.ca](http://www.socialabcs.ca)

## Reference

Bryson, S. E., & Brian, J. A. (2020). The Social ABCs: A parent-mediated intervention curriculum for toddlers with autism spectrum disorder. Guilford Press.

### Sethu Centre For Child Development and Family Guidance

5/84, Dhonvaddo, Saligao, Goa 403 511

+91-77200 13749

[www.sethu.in](http://www.sethu.in)

Sethu Centre for Child Development & Family Guidance

[sethu.goa](http://sethu.goa)

Sethu

