

**DDBP Outreach: Caregiver Education Program**  
The Sonya G. Oppenheimer Division of Developmental and Behavioral Pediatrics (DDBP)

<p><b>Introduction to Sleep Hygiene and Treatment of Sleep Problems in Children</b> Thursday, October 12, 2023 from 5:30-6:30pm (Virtual) Instructor: Dr. Nicoletta Frankenstein, Pediatric Fellow</p>	<p><b>Using Visual Supports to Improve Behavior &amp; Increase Independence</b> (<i>"Make and Take" Class</i>) Monday, March 11, 2024 from 5:30-7:30pm (In-person) Instructor: Dr. Neeraja Ravindran, Psychologist</p>
<p><b>Understanding School-Based Services</b> Thursday, November 2, 2023 from 5:30-7:30pm (In-person) Instructors: Dr. Hannah Dinnen, Psychologist &amp; Dr. Melissa Harman, Psychologist</p>	<p><b>Managing Anxiety: Helping Kids with Developmental Disabilities Cope &amp; Succeed</b> Monday, April 15, 2024 from 5:30-7:30pm (Virtual) Instructors: Dr. Maria Beltran Quintero, Pediatric Fellow &amp; Amy Turner-Iannacci, Family Outreach Associate</p>
<p><b>Toilet Training: 2-Day Course for Caregivers</b> Tuesday, November 7 &amp; November 14, 2023 (In-person) 9:00am-12:00pm each day Instructor: Dr. Kimberly Kroeger, Psychologist</p>	<p><b>DDBP: The More You Know</b> Wednesday, April 24, 2024 from 5:00-6:30pm (Virtual) Instructors: Amy Turner-Iannacci, Family Outreach Associate, &amp; DDBP Family Advisory Council members</p>
<p><b>Understanding Behavior in Individuals with Developmental Disabilities</b> Thursday, December 14, 2023 from 5:30-7:30pm (Virtual) Instructors: Dr. Suma Kolla, Pediatric Fellow &amp; Amy Turner-Iannacci, Family Outreach Associate</p>	<p><b>Understanding Behavior in Individuals with Developmental Disabilities</b> Wednesday, May 22, 2024 from 5:15-7:15pm (Virtual) Instructors: Dr. Miriam Khiari Millan, Psychology Fellow &amp; Amy Turner-Iannacci, Family Outreach Associate</p>
<p><b>Helping Your Child Prepare for Medical Visits</b> Monday, January 22, 2024 from 5:00-6:30pm (Virtual) Instructors: Felicia Bernhard, MSOT, OTR/L, BCP, Occupational Therapist &amp; Leslie Miller, CCLS, Child Life Specialist</p>	<p><b>Toilet Training: 2-Day Course for Caregivers</b> Wednesday, June 12 &amp; June 19, 2024 (In-person) 5:30-8:30pm each day Instructor: Dr. Kimberly Kroeger, Psychologist</p>
<p><b>Toilet Training 101: Introduction to Toileting Readiness</b> Tuesday, January 30, 2024 from 5:15pm-6:45pm (Virtual) Instructors: Dr. Hannah McIntire, Psychology Fellow &amp; Jamie Patronick, Graduate Student</p>	<p><b>Functional Communication Training: Introduction to Picture Symbols</b> Monday, June 24, 2024 from 5:00-6:30pm (In-person) Instructor: Christina Stover, MA, CCC-SLP, Speech Pathologist</p>
<p><b>Autism 101</b> Tuesday, February 6, 2024 from 5:00-6:30pm (Virtual) Instructors: Dr. Abby Genco, Pediatric Fellow &amp; Dr. Miriam Khiari Millan, Psychology Fellow</p>	<p><b>Functional Communication Training: Introduction to Augmentative and Alternative Communication (AAC) Devices</b> Tuesday, July 9, 2024 from 5:00-6:30pm (In-person) Instructor: Jeni Anderson, MS, CCC-SLP, Speech Pathologist</p>
<p><b>Executive Functioning and Organizational Skills for Individuals with Developmental Disabilities</b> Thursday, February 29, 2024 from 5:30-7:30pm (Virtual) Instructors: Dr. Lauren Jones, Psychology Fellow &amp; Amy Turner-Iannacci, Family Outreach Associate</p>	<p><b>Autism 101</b> Tuesday, August 6, 2024 from 5:15-6:45pm (Virtual) Instructors: Dr. Hannah McIntire, Psychology Fellow &amp; Dr. Lauren Jones, Psychology Fellow</p>
<p><b>Toilet Training: 2-Day Course for Caregivers</b> Thursday, March 7 &amp; March 14, 2024 (Virtual) 9:00am-12:00pm each day Instructor: Dr. Kimberly Kroeger, Psychologist</p>	<p>CLICK <a href="#">HERE</a> for registration information or use QR code:  Please see page 2 for class descriptions.</p>

## **DDBP Outreach: Caregiver Education Program – Class Descriptions**

- Virtual classes will occur via Zoom. In-person classes will occur at 3430 Burnet Ave, Cincinnati, OH 45229
- Classes are intended for parents, caregivers, staff, and educators of children with developmental disabilities.
- Participants must register ahead of time. Click [HERE](#) or use QR code on page 1.
- With general questions, please contact [DDBPFamilySupport@cchmc.org](mailto:DDBPFamilySupport@cchmc.org) or call 513-636-2158.

### **Autism 101: Introductory Information about the Autism Diagnosis**

This 1.5-hour class provides introductory information about the diagnosis of Autism Spectrum Disorder, including common behaviors and characteristics. The instructor discusses strengths, myths, updated research, and evidence-based assessment and therapeutic options.

### **DDBP: The More You Know**

This 1.5-hour class for caregivers discusses the resources available within the Division of Developmental and Behavioral Pediatrics. Learn or refresh knowledge about therapy options, including individual and group treatments. Discover more resources available through special teams and hospital-wide supports.

### **Executive Functioning and Organizational Skills for Individuals with Developmental Disabilities**

This 2-hour introductory class aims to help caregivers understand how “executive functioning” skills play a role in everyday decision-making and problem solving. Caregivers learn strategies to support each child’s strengths and challenges when it comes to organization, time management, and memory. *Please note: This class is designed for caregivers of children ages 8 and older.*

### **Functional Communication Training Classes (Introduction to AAC Devices, Introduction to Picture Symbols)**

Each 1.5-hour introductory class is designed for caregivers of children and adolescents with developmental disabilities who are non-speaking or have limited verbal language skills. Caregivers learn how to help their children develop a “functional communication system,” either through picture symbols or through the use of augmentative and alternative communication (AAC) devices. Caregivers of children with limited verbal skills may consider attending both “Functional Communication Training” courses listed on this calendar.

### **Helping Your Child Prepare for Medical Visits**

This 1.5-hour class is designed for caregivers of children and adolescents with developmental disabilities. The instructors discuss strategies to improve participation in and tolerance of routine medical appointments. Resources available to families within the Division of Developmental and Behavioral Pediatrics will also be discussed.

### **Introduction to Sleep Hygiene and Treatment of Sleep Problems in Children**

This 1-hour introductory class is for caregivers interested in learning more about the basics of sleep, including the amount of sleep recommended for children at different ages, good “sleep hygiene” practices, and behavioral and medication treatment options for sleep problems.

### **Managing Anxiety: Helping Kids with Developmental Disabilities Cope & Succeed**

This 2-hour introductory class discusses the signs and symptoms of childhood anxiety. Caregivers learn how to encourage coping skills and address symptoms through cognitive approaches and positive behavioral supports. *Please note: This class is designed for caregivers of children ages 8 and older.*

### **Toilet Training 101: Introduction to Toileting Readiness**

This 1.5-hour introductory class provides caregivers with introductory information about toilet training their child, increasing comfort in the restroom, using reinforcement strategies, and more. This class is appropriate for families just beginning the toilet training process and for those seeking introductory information.

### **Toilet Training: 2-Day Course for Caregivers**

This 2-day educational training coaches caregivers through specific procedures for toilet training children with developmental disabilities. Cost includes both classes and a training manual. Individual and/or intensive follow-up services are available if needed after the course is completed. *Participants must attend both classes.* Please register by emailing [jennifer.gastright@cchcm.org](mailto:jennifer.gastright@cchcm.org) or 513-636-2742.

### **Understanding Behavior in Individuals with Developmental Disabilities**

This 2-hour introductory class focuses on the reasons challenging behaviors may occur and how to change behaviors. Caregivers learn about “positive behavior supports” and how to encourage cooperation and positive family interactions.

### **Understanding School-Based Services**

This 2-hour class for caregivers is designed to provide an introduction to services within the public school system, including Individualized Educational Programs (IEPs) and Section 504 Plans. Attendees learn the basics for accessing school-based services, from eligibility to determination of specific services and supports, and leave with resources to assist in navigating the process.

### **Using Visual Supports to Improve Behavior & Increase Independence**

This 2-hour introductory class focuses on ways to use visual supports based on each child’s developmental level. Caregivers learn how to use visual supports to increase positive behaviors, decrease anxiety about expectations and routines, and increase independence across different areas of life. *Note, this is a “make and take” class – guidance and supplies will be available for caregivers to create visual supports and take them home after class.*