

PARENT'S GUIDE

WHAT IS CBIS?

- A focused evidence-based practice for children and youth on the spectrum from 6-22 years old that can be implemented in multiple settings.
- CBIS teaches learners to examine their own thoughts and emotions, recognize when negative thoughts and emotions are escalating in intensity, and then use strategies to change their thinking and behavior.



WHY USE THIS CBIS WITH MY CHILD?

- Autistic learners often struggle with understanding their emotions, thoughts, and behaviors.
- CBIS has been found to be effective in improving many cognitive and behavioral skills for learners on the spectrum.
- Skills addressed by CBIS can include: Obsessive and repetitive thoughts and behaviors, Irrational thoughts and fears, Social anxiety, Depressive symptoms, and/or Anger

WHAT ACTIVITIES CAN I DO AT HOME?

- Before your child begins CBIS, provide information to your child's teacher or practitioner about your child's learning style. This information will be helpful in developing intervention strategies.
- Talk with your child's teacher or provider about how you can be involved in the intervention.
- Ask for strategies you can use at home to increase your child's ability to use skills/strategies outside of sessions. Praise or reward your child when they use a strategy at home.

Cognitive Behavioral/ Instructional Strategies CBIS

This parent introduction to CBIS was designed as a supplemental resource to help answer questions about Cognitive Behavioral/ Instructional Strategies.

To find out more about how this CBIS is being used with your child, please talk with:

For more information about this selected evidence-based practice, please visit <https://afirm.fpg.unc.edu/>.