Parent's Guide

WHAT IS DTT?

- Discrete Trial Training is a focuses evidence-based practice for children and youth on the spectrum from 0-22 years old.
- DTT breaks down a skill or behavior into separate steps that have a clear beginning, middle, and end.
- DTT consists of repeated trails with the learner receiving reinforcement for responding correctly.

WHY USE THIS DTT WITH MY CHILD?

- DTT is used to teach target skills and behaviors.
- Research studies have shown that Discrete Trial Training has been used effectively with many age groups to achieve outcomes in the following areas: academic/pre-academic, adaptive/self-help, behavior, cognitive, communication, joint attention, play, school readiness, social, and vocational.

WHAT ACTIVITIES CAN I DO AT HOME?

- Break apart difficult activities into smaller steps. When your child successfully completes a smaller step, praise your child or allow your child time with a favorite toy. For example, if your child is learning how to say 'hello', begin by helping your child wave 'hello'.
- When your child successfully completes a smaller step of an activity, immediately provide reinforcement. You can provide reinforcement by saying, "Way to go!" or "Good job." You can also provide reinforcement by allowing your child time with an iPad or favorite toy.



Discrete Trial Training
DTT

This parent introduction to DTT was designed as a supplemental resource to help answer questions about Discrete Trial Training.

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

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