



## Video Modeling for Young Children with Autism Spectrum Disorders: A Practical Guide for Parents and Professionals

By Brenna Noland, Sarah Murray

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Video modeling takes visual learning to the next level by using new technologies to create an effective teaching tool. This book explains how professionals and parents can use innovative video modeling techniques to support the development of young children with autism spectrum disorders in school, home or community settings.

Offering practical step-by-step guidance, the book shows how to film and edit personalized videos that highlight the exact skill that is being taught. Whether the focus is increasing attention, peer interaction, getting dressed or creative play, these videos are easy to incorporate into daily routines. They allow the child to learn new skills quickly and with less hands-on adult support leading to greater independence. Three video modeling strategies are presented – Basic Video Modeling, Video Self-Modeling and Point-of-view Video Modeling – along with all the information needed for readers to start using the techniques for themselves. The research behind the approach is also discussed and each chapter includes detailed case studies that demonstrate the techniques in action.

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### **Editorial Review**

#### Review

The book lives up to its claim of being suitable for both parents and professionals. It is well organised into chapters explaining three main approaches to video modelling - basic video modelling, video self-modelling and point of view modelling... I personally found the book inspirational and am keen to start using these techniques where possible. -- Special Children The technique is well described in the book *Video Modeling for Young Children with Autism Spectrum Disorders* by Sarah Murray and Brenna Noland. The authors explain how parents can target a change in a learner's behaviour, increasing the effectiveness of demonstrating a skill or routine on video. As well as teaching new skills, it's possible to increase the frequency of positive behaviours that are already part of a child's repertoire... For children who just love watching themselves on video, this technique can be particularly effective. -- Autism Eye One of the best things about this book is that there are plenty of practical strategies and ideas that can be used instantly, without too much expense or preparation. Video Modelling is all about using new technologies to create an effective teaching tool. If you would like to know how to film and edit personalised videos that help to highlight a particular skill that is being taught, this is the book for you. From helping children to increase a child's focus an attention to peer interaction, getting dressed and undressed, creative play, calming down, circle time, or other such classroom routines, this book talks you through step-by-step.' Early Years Educator (eye) 'Inspiring and comprehensive real-life examples make this book an excellent and valuable 'how-to' guide for applying this evidence-based practice in the education of preschool-aged children with autism. This should be highly recommended reading for parents, teachers and all healthcare professionals dedicated to improving the quality of life of these children. -- Dr Christos Nikopoulos, BCBA-D, Lecturer, School of Health Sciences and Social Care, Brunel University, and co-author of *Video Modelling and Behaviour Analysis: A Guide for Teaching Social Skills to Children with Autism* The methods described in this book have been life changing for my three-year-old son and our family. We started with appropriate play videos, moved to self-care routines (getting dressed, brushing teeth, haircuts), focused sharply on safety videos (holding hands, staying with a parent), and are now using video modeling to help with his transition to pre-school. The videos have provided our son with the visual and audio aids that he needs and craves in order to be successful. The changes in his behavior have been nothing short of amazing. -- Wendy Gilbertson, mother of a child with an autism spectrum disorder, Minnesota As a special education teacher and autism specialist, I find this book to be an invaluable resource! The user-friendly format is an easy read, and it is full of practical strategies that can be used immediately, without a lot of preparation. I have utilized video modeling for individual skills as well as group routines, and the results are impressive. -- Christina Reynolds, autism specialist, Prior Lake-Savage Area Schools, Prior Lake, Minnesota Sarah Murray and Brenna Noland's book is timely as the use of technology to support the learning of individuals with autism spectrum disorders has rapidly grown due to the increased availability and decreased cost of technological equipment. This book, written by practitioners in the field, provides actual case studies that demonstrate how to realistically use video modeling. The case studies include a variety of skills and routines across multiple settings including home, community, and school. If you are thinking about implementing video modeling in your practice with young children, this book is a valuable tool. -- L. Lynn Stansberry Brusnahan, PhD, Associate Professor, School of Education, University of St. Thomas, Minnesota, and 2012 recipient of the Dr. Cathy Pratt Autism Professional of the Year Award from the Autism Society of America One of the most challenging aspects of parenting two children with (very different) Autism Spectrum Disorders is the variety of opinions on methods of treatment; from ABA to DIR/Floortime to RDI, as parents we seek to try anything that might help us navigate this uncharted territory. The beauty of video modeling is that it works, across the spectrum, in teaching our children appropriate behaviors in a way that makes sense and brings results. Over the course

of the last six years our family has been blessed to work with both Brenna Noland and Sarah Murray, and their wonderful book is a clear 'how to' manual for addressing challenging behaviors and helping our children. So straightforward and helpful, this book will be my first gift to parents of newly-diagnosed children with ASD. -- Christina Kellaway-Loescher, mother to Shay (8, autism) and Kitty (10, Asperger syndrome), Minnesota

#### Review

The book lives up to its claim of being suitable for both parents and professionals, It is well organised into chapters explaining three main approaches to video modelling - basic video modelling, video self-modelling and point of view modelling... I personally found the book inspirational and am keen to start using these techniques where possible. (Special Children)

The technique is well described in the book Video Modeling for Young Children with Autism Spectrum Disorders by Sarah Murray and Brenna Noland. The authors explain how parents can target a change in a learner's behaviour, increasing the effectiveness of demonstrating a skill or routine on video. As well as teaching new skills, it's possible to increase the frequency of positive behaviours that are already part of a child's repertoire... For children who just love watching themselves on video, this technique can be particularly effective. (Autism Eye)

One of the best things about this book is that there are plenty of practical strategies and ideas that can be used instantly, without too much expense or preparation. Video Modelling is all about using new technologies to create an effective teaching tool. If you would like to know how to film and edit personalised videos that help to highlight a particular skill that is being taught, this is the book for you. From helping children to increase a child's focus an attention to peer interaction, getting dressed and undressed, creative play, calming down, circle time, or other such classroom routines, this book talks you through step-by-step.'

Early Years Educator (eye)

'Inspiring and comprehensive real-life examples make this book an excellent and valuable 'how-to' guide for applying this evidence-based practice in the education of preschool-aged children with autism. This should be highly recommended reading for parents, teachers and all healthcare professionals dedicated to improving the quality of life of these children.

(Dr Christos Nikopoulos, BCBA-D, Lecturer, School of Health Sciences and Social Care, Brunel University, and co-author of Video Modelling and Behaviour Analysis: A Guide for Teaching Social Skills to Children with Autism)

The methods described in this book have been life changing for my three-year-old son and our family. We started with appropriate play videos, moved to self-care routines (getting dressed, brushing teeth, haircuts), focused sharply on safety videos (holding hands, staying with a parent), and are now using video modeling to help with his transition to pre-school. The videos have provided our son with the visual and audio aids that he needs and craves in order to be successful. The changes in his behavior have been nothing short of amazing. (Wendy Gilbertson, mother of a child with an autism spectrum disorder, Minnesota)

As a special education teacher and autism specialist, I find this book to be an invaluable resource! The user-friendly format is an easy read, and it is full of practical strategies that can be used immediately, without a lot of preparation. I have utilized video modeling for individual skills as well as group routines, and the results are impressive. (Christina Reynolds, autism specialist, Prior Lake-Savage Area Schools, Prior Lake, Minnesota)

Sarah Murray and Brenna Noland's book is timely as the use of technology to support the learning of individuals with autism spectrum disorders has rapidly grown due to the increased availability and decreased cost of technological equipment. This book, written by practitioners in the field, provides actual case studies that demonstrate how to realistically use video modeling. The case studies include a variety of skills and routines across multiple settings including home, community, and school. If you are thinking about implementing video modeling in your practice with young children, this book is a valuable tool. (L. Lynn Stansberry Brusnahan, PhD, Associate Professor, School of Education, University of St. Thomas, Minnesota, and 2012 recipient of the Dr. Cathy Pratt Autism Professional of the Year Award from the Autism Society of America)

One of the most challenging aspects of parenting two children with (very different) Autism Spectrum Disorders is the variety of opinions on methods of treatment; from ABA to DIR/Floortime to RDI, as parents we seek to try anything that might help us navigate this uncharted territory. The beauty of video modeling is that it works, across the spectrum, in teaching our children appropriate behaviors in a way that makes sense and brings results. Over the course of the last six years our family has been blessed to work with both Brenna Noland and Sarah Murray, and their wonderful book is a clear 'how to' manual for addressing challenging behaviors and helping our children. So straightforward and helpful, this book will be my first gift to parents of newly-diagnosed children with ASD. (Christina Kellaway-Loescher, mother to Shay (8, autism) and Kitty (10, Asperger syndrome), Minnesota)

#### About the Author

Sarah Murray has been an Early Childhood Special Education teacher for 18 years and has extensive experience working with children on the autism spectrum and their families. She has conducted trainings and presented at conferences on the topic of using technology with young children with special needs. Sarah has a Bachelor's degree in Elementary Education and a Master's degree in Special Education with a concentration in early childhood from the University of Florida. Sarah lives in Minneapolis, Minnesota. Brenna Noland is an Early Childhood Special Education teacher and autism specialist in Minnetonka, Minnesota. She is the owner of 3B's Therapy, which provides in-home and community-based services to young children with special needs and their families. She is passionate about technology and uses video modeling techniques on a daily basis to support the development of young children. She has a Bachelor's degree in Early Childhood Special Education from the University of Wisconsin-Eau Claire and a Master's degree in Special Education with a concentration in Autism Spectrum Disorders from the University of St. Thomas in Minneapolis, Minnesota.

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