



Breakout Room Activity



Taylor's Goals

Age: 25 months old

Family Priority: Sleep

Favorite Items/Activities: Doc McStuffins lamb toy, reading with his parents

Bedtime is a challenge for the family and consistent sleep patterns and bedtime routines are a family priority. Taylor prepares for bed around 10:30pm and will often scream for 20-40 minutes when he is put to bed. Taylor will fall asleep for a couple hours and then wake up screaming. Typically mom has to take him out and let him play for an hour or two. Then, he will sleep in until noon. Mom has tried shorter naps, no naps and putting him to bed earlier but has not seen a difference in bedtime behaviors. The pediatrician suggested consistently waking him up at 9am and mom is just starting to try that.



Ashley's Goals

Age: 33 months old

Family Priority: Transition, sleep, Brushing teeth, Use a word to tell them what she wants

Favorite Items/Activities: Television

Mom began to report increase in tantrums, noting that Ashley would often become agitated easily and would take a long time to calm. Ashley had difficulty transitioning to new places and different environments. Mom felt that this could be related to Ashley's fear that she will be left by parents. Mom also expressed concerns with sleep patterns. Mom shared Ashley wakes up to ten times at night and sometimes will scream for her pacifier, even when it is in her mouth. Mom reported sleep has gotten so disruptive, she has been sleeping in Ashley's room. Ashley's tantrums often seemed to occur with no apparent triggers and escalated quickly so she is inconsolable and occur for an hour or longer. Ashley will get upset when questions were directed at her. Ashley would have a difficult time waking from nap and would become escalated when she was not able to choose activity to participate in. Ashley will often make demands rather than requesting food or toys and attempted to complete activities independently, becoming frustrated or refusing to play or eat without yelling or engaging in a tantrum. When transitioning from a preferred to non-preferred activity, Ashley will often become agitated and begin to cry or scream. When mom attempts to provide verbal or physical comfort, Ashley will move away or yell more loudly. The family tries to brush Ashley's teeth, but she cries and moves away.

