

The 5 Steps of Behavioural Skills Training (BST)



Step 1: Explanations

- Explain to the child **what** the skill is and **when** it can be used.
- Explain **why** the skill is important.
- Present the different steps of the skill, if applicable.



Step 2: Modelling

- Demonstrate the skill yourself in front of the child.
- Model several examples, if necessary.



Step 3: Practice

- Allow the child to practice using the skill.
- Offer feedback to the child immediately after the activity.
- Practice as many times as necessary, on different occasions if needed.



Step 4: Feedback

- Tell the child what they did well and what they could improve next time, if necessary.
- Use a calm, encouraging tone of voice.
- Encourage the child to practice again so that they can correct their mistake, if necessary.



Step 5: Natural Context

- Allow the child to practice the skill in the natural context (e.g., waiting in line at a restaurant).
- Continue to encourage the child and let them know if there are things to improve for the next few times.