



Starting, Synchronizing and Stopping Actions and Feelings

Starting, synchronizing and stopping our actions and feelings require the coordination of multiple skill sets and many brain-based functions. Two primary brain systems involved include the basic executive functions as well as basic sensory integrative functions. These two systems are involved in many neurodevelopmental skills, and are often disrupted in the most common neurodevelopmental conditions. This is true in the case of Fragile X Syndrome, as problems with aspects of both executive functioning and sensory integration are used to describe the common phenotype of fragile X.

It is the job of a therapist or interventionist to directly intervene with the aspects of executive functioning and sensory integration that need treatment. Parents and teachers need information and tools so that they, too, can facilitate skills, despite the underlying difficulty. In that regard, there are several core functions that can be broken down into understandable parts – STARTING, SYNCHRONIZING, and STOPPING. When the tools for each of these skills are used in daily life, it can make functioning easier!

Starting - Initiation can be hard for individuals with FXS. Helping a person to “start” can make it easier for them to perform a skill.

Physical Cueing, Hand over hand assistance or prompt, modeling, rhythmic counting, visual cue, triangulated instruction, priming, rehearsal, video modeling, high interest, music, routine, visual supports

Synchronizing - Techniques to help a person be in SYNCH – Coordinate or Synchronize their actions/feelings

Enhanced affect, rhythmicity, social prompting, clear intention and action, visual and auditory supports, movement facilitation, high interest materials, give and take exchanges, imitation facilitation, hold/repeat/exaggerate shared moments, do with not to,

Stopping - Techniques to help a person STOP – SHIFT – CHANGE – MODIFY their actions/feelings

Visual support to signal end, introduce a competing stimulus, re-direct with use of modeling or rhythmic language, music, model, Physical Cueing, Hand over hand assistance

Note: Concept of “Starting, Synchronizing and Stopping” originated by Tracy Murnan Stackhouse, MA, OTR Copyrighted 2011

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