

# CBC Behavioral Times

February 2026



## Announcements and Reminders!

Timesheets are due Sunday, February 1st by 10:00 AM.

Wishing everyone a very happy Valentine's Day!

The CBC office will be closed on Monday, February 16<sup>th</sup> in observance of President's Day.



Thank you so much!

## Shoutout of the Month! Elizabeth!

We want to give a huge thank you to Elizabeth for everything she does for our RBTs, our clients, and their families. Elizabeth is incredibly reliable and hardworking, and she consistently goes above and beyond to make sure everyone feels supported. Her dedication to timely communication and follow-through makes such a difference in keeping things running smoothly, and her genuine care for both staff and families truly shines through.

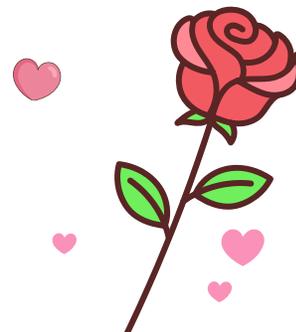
We are so lucky to have you, Elizabeth. Thank you for all that you do! 🌟

# How to Run NET Without It Feeling Like “Just Playing.”

**Natural Environment Teaching (NET)** should feel fun and natural - but it should also be purposeful and goal-driven. The difference between “just playing” and effective NET is intention.

**Start With a Goal in Mind!** Before joining play, know what you’re targeting:

- Manding (requests)
- Turn-taking
- Labeling (tacting)
- Following directions
- Tolerating denied access



If you don’t know the goal, it’s easy to slip into passive play.

**Follow the Client’s Motivation!** NET works best when the client is interested. Instead of pulling them to a table, bring learning into what they already enjoy.

Playing with blocks? Work on:

- “Give me”
- Colors
- Counting
- Waiting



Playing with cars? Target:

- “Go/stop”
- “My turn/your turn”
- Prepositions (in, on, under)

**Motivation = more responding, less problem behavior.** Capture and Contrive Teaching Moments.

- Capture: Use moments that naturally happen. Ex: Client reaches for bubbles - prompt “bubbles” or “open”
- Contrive: Set up opportunities. Ex: Give a toy in a closed container to encourage requesting help. You’re still teaching - it just doesn’t feel like drills.

**Good NET still includes:**

- Clear instructions
- Prompting when needed
- Reinforcement for correct responses
- Multiple learning opportunities



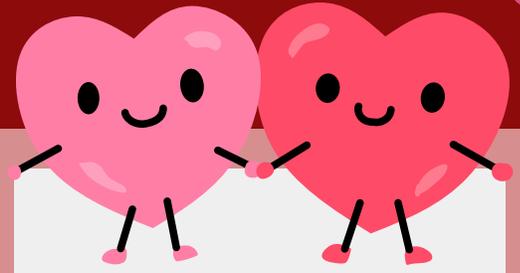
If the client is just playing independently the whole time, learning opportunities are being missed.

**Quick Check for Yourself**

Ask: “What skill am I teaching right now?” If you can answer that, you’re doing NET - not just babysitting.

Fun and learning can (and should) happen at the same time!





# February Birthdays!

Wishing everyone a wonderful, happy birthday filled with love and laughter - and an amazing year ahead!



Graciela

Stephanie

Mirella

Emily

Angelica

Jasmine

Sheila

Kristina

Benjamin



# Happy Birthday



# HAPPY VALENTINES DAY



## Fun Idea for February!

### Valentine's/Kindness Mailbox

Clients create simple valentines and "deliver" them to family members, therapists, peers, or even favorite toys.

This activity targets communication, social skills, and functional language by practicing requesting, identifying recipients, giving items, and saying kind phrases such as "This is for you" or "Happy Valentine's Day." It also encourages turn-taking, eye contact, and positive social interactions in a fun, meaningful way.

Thank you so much!

## Joke of the Month!

You must be my favorite stimulus, because I always respond to you.

Happy Valentine's Day!

YOYO

## Monthly Tip!

Play Is Powerful! Play-based learning increases motivation, reduces problem behaviors, and strengthens rapport. When sessions feel fun, learning happens more naturally.

Thank you for all  
of your hard work!

