



One-to-Ten Pound Growth Areas



This example growth list offers suggestions geared toward a seven-year-old. (see *Critical Issues in Biblical Counseling: Autism in Children*, pp. 76–78). No good coach starts a beginner with a hundred-pound barbell. Instead, the coach begins with light weights and slowly increases resistance (p. 76). In the same way, parents challenge their children to grow by training them in one skill at the time.

- Stop when I say stop, especially when running into traffic.
- Learn to enjoy and worship God.
- Give trust to parents in response to knowing how deeply loved you are.
- Remain calm through a five-minute grocery trip.
- Communicate intentionally, especially if you need help.
- Learn to allow yourself to be guided by trustworthy people and God's Word.
- Learn God's ways; what behaviors lead to the path of life according to the Bible.
- Master potty training practices with hand washing.
- Think before you act (impulse control); do not kick or throw, keep your hands off others.
- Do not pick items off the ground and put them in your mouth.
- Remain calm through a twenty-minute grocery trip.
- Receive correction willingly, without spitting or hitting.
- Respond to direction with obedience, without whining or talking back.
- Learn to tie your shoes.
- Grow in the ability to transition calmly between activities.
- Learn to follow the rules of a game.
- Develop biblical, respectful speech; do not yell.
- Respectfully verbalize when you feel you are being treated unfairly.
- Read and make appropriate facial expressions and gestures.
- Discern when it is your turn to talk; do not talk or sing over others.
- Respond with respect and patience when others refuse to follow the rules of a game.
- Learn to lose with grace and be happy for the winner.
- Learn how much personal information is appropriate to share in a particular situation.
- Grow in the ability to remain focused on words and tasks.
- Recognize patterns of speech such as pitch, loudness, intensity, or tempo.
- Understand your bejeweled, blotted out, covered, and chosen identity in Christ.
- Learn to respond in biblical ways when angry.
- Develop skills for building and maintaining friendships.
- Do not make your own law, enforce your law, and give out rewards and punishments.
- Be wise and use self-control in what you choose to look at.
- Do not use your body to force others to act the way you want.
- Use verbal and nonverbal cues to help reorder what you want most and believe.
- Grow in the ability to drop defensive posture in response to nonverbal cues during a meltdown.
- Allow yourself to be guided by a string of trust to do something that seems hard or scary, as an act of worship to God.