

Division of Developmental & Behavioral Pediatrics

Caregiver Education Program

2025-2026

Hosted by the DDBP Outreach Team



Please use the QR code or click [here](#) to view the full list of classes.

Classes occur 1-2 times per month and are intended for parents, caregivers, and professionals.

Topics are related to children with developmental delays or disabilities.

DDBPFAMILYSUPPORT@CCHMC.ORG OR 513-636-2158

DDBP Outreach: Caregiver Education Program 2025-2026

The following classes are offered on a rotating basis each year. Additional classes may be added.

Registration is required. Please use the Eventbrite page linked on page 1 to register for classes. Note, fees can be waived for any family in need. Please email DDBPFamilySupport@cchmc.org for assistance.

Autism 101: Introduction to Autism - This class provides information about the autism diagnosis, behaviors, strengths, myths, research, and therapeutic options. Registration: \$10 per household.

DDBP: The More You Know - This class is for caregivers to learn about resources within the Division of Developmental and Behavioral Pediatrics, including therapy options and hospital-wide supports. Registration: FREE.

Elopement Safety - This class offers strategies to reduce the risk of elopement (i.e., running or wandering off) and enhance home safety, and the instructor provides guidance on what to do if your child becomes lost. Registration: FREE

Executive Functioning and Organizational Skills for Individuals with Developmental Disabilities - This class is primarily for caregivers of children ages 8 and older, focusing on executive functioning skills, organization, time management, and memory strategies. Registration: \$10 per household.

Introduction to Sleep Hygiene and Treatment of Sleep Problems in Children - This class includes sleep strategies, ways to alter the environment or your child's routine to improve sleep, and treatment options. Registration: \$10 per household.

Managing Anxiety: Helping Kids with Developmental Disabilities Cope & Succeed - This class is primarily for caregivers of children ages 8 and older. It includes information on childhood anxiety symptoms, coping skills, cognitive approaches, and behavioral supports. Registration: \$10 per household.

Moving from Pediatric to Adult Medical Care - This class offers an overview of resources and strategies for a successful shift from pediatric to adult medical services. It is tailored for caregivers of teens and young adults (ages 13 to 26) with developmental disabilities. Registration: \$10 per household.

Swim Safety - This class helps caregivers of children with developmental disabilities increase their child's awareness of water safety, provides general swim safety tips, and offers guidance on using safety equipment. Registration: FREE

Tips and Strategies for Improving Nutrition and Gut Health - This class includes information about common nutritional deficiencies and "red flags," prebiotic foods, and ways to improve your child's nutrition. Registration: \$10 per household.

Toilet Training 101: Introduction to Toileting Readiness - This class teaches toilet training *basics*, restroom comfort, and reinforcement strategies. This class is ideal for caregivers who are about to or have just started their child's toilet training process. Registration: \$10 per household.

Toilet Training: 2-Day Course for Caregivers - This 2-day training teaches a structured method for toilet training children with developmental disabilities, following a training manual. Caregivers must attend both classes. Follow-up services may be available after class completion. Registration: \$15 per household.

Understanding Behavior in Individuals with Developmental Disabilities - This class discusses why challenging behaviors occur, how to use positive behavior support strategies, and teaches ways to encourage cooperation and positive interactions. Registration: \$10 per household.

Understanding School-Based Services - This class provides information about public special education services, including IEPs and Section 504 Plans, eligibility, and resources for navigating the determination process. Registration: \$10 per household.

Using Visual Supports to Improve Behavior & Increase Independence - This class teaches about the use of pictures and schedules to improve behavior and increase independence. Includes a "make and take" portion for caregivers to create visual supports and take them home. Registration: \$10 per household.