

# EARLY INTERVENTION AND ROUTINE BASED INTERVENTION: A PARENT'S GUIDE

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## WHO?



- Children with disabilities from birth to age three
- Children may have intellectual disabilities, Autism, hearing loss, cerebral palsy or other complex needs
- Children are identified by the state and defined under part C of the Federal Individual's with Disabilities in Education Act (IDEA)

## WHAT?



Routine Based Intervention programs include:

- Early Start Denver Model (ESDM)
- Enhanced Millieu Therapy (EMT)
- The Hanen Program (ITTT)
- Parents Interacting with Infants (PIWI)

**MAIN IDEA:** The parent or caregiver is delivering the intervention or therapy.

## WHERE?



- Therapy takes place in the child's home
- Training sessions may be home visits, clinical visits, or a mixture
- Young children learn best in the most natural environment, which is the home
- Clinic atmosphere may be unnatural or frightening to toddlers and young children

## HOW AND WHEN?



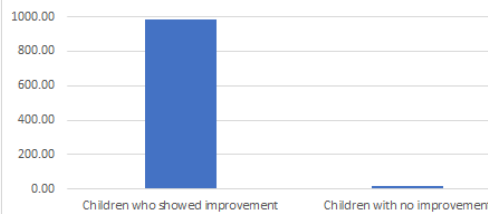
- A trained speech-language pathologist will change the parents or caregivers how to best deliver the therapy or intervention
- Evidence suggests that trained parents can be as effective as speech language pathologists at providing treatments
- Parents/Caregivers include the intervention in everyday routines such as playtime, mealtime, or bathing.
- Therapy is designed to be play-based, engaging, and enjoyable for parent and child
- Therapy is nonjudgmental, parents are not criticized, and the family is the most important part of the team

## WHY?



- **To foster generalization:** the goal is for the child to learn better or increased communication in real life, not only the clinic
- Parents can spend far more time with children than any clinician
- Parents have a better bond and stronger rapport with their children than a stranger
- Therapy outcomes are better when parents and caregivers are involved
- Routine Based Interventions support strong parent involvement

**1004** Children in Delaware with IFSP received intervention in home or community in 2015. **99.8%** showed measurable gains \*



### RESOURCES

Adapted from Jennings, Hanline and Woods. (2012) Using Routine-Based Interventions in Early Childhood Special Education. Dimensions of Early Childhood Vol 40 No 2.

Adapted from The Hanen Centre. (2019) <http://www.hanen.org/Helpful-Info/Research/It-Takes-Two-to-Talk-Parent-Research.aspx>

\* Taken from [https://dhss.delaware.gov/dhss/dms/epqc/birth3/files/stateperformancean\\_fy15.pdf](https://dhss.delaware.gov/dhss/dms/epqc/birth3/files/stateperformancean_fy15.pdf)