

The Early Intervention Workbook

Essential Practices for Quality Services

by

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About the Authors

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TIP

Conversation Starters About Outcomes

- How are things going?
- Which outcome would you like to start with?
- On our last visit, the ideas and activities we talked about were _____. How are they working?
- Would you like to brainstorm more about them?
- What do you think would help make them better?
- Tell me about other ideas you have tried.
- What worked and how?
- What did not work as you expected? Why do you think that?
- What should we add or change?

In the following example, read through an actual script of a provider-family interaction. What do you see the provider doing to engage and involve the family in the intervention decisions?

Outcome: Hannah will participate in meal time by eating what the rest of the family eats so that she can eat a greater variety of foods without needing special food prepared for her.

We will know she can do this when she eats the dinner food that the rest of the family eats for 4 days in a week for 2 weeks.

Provider: How is it going with Hannah's eating?

Stephanie: Well, she is still a picky eater.
(Hannah's mother)

Provider: Is she eating any of the food the rest of you eat at dinner?

Stephanie: Well, I tried giving her what we were having, but she got really upset when I encouraged her. The other night we had meatloaf, and she pitched a royal fit when I wanted her to try it. So I gave her old faithful: the chicken nuggets that I knew she would eat. I didn't even try giving her the other food we were having.

Provider: It sounds like you've tried to give Hannah what you eat at meal times, but she does not try it, so you give her what you know she will eat. Is that accurate?

Stephanie: Yes, that's pretty much it. I wish she'd try the dinner. Sometimes I think she'd really like it if she just tried it. I hate to have to cook something different for her.

Provider: If it's okay with you, let's explore this a bit more.

Stephanie: Sure.

Provider: Would you tell me more about what you offer Hannah and how she responds?

Stephanie: I tell the girls about what's for dinner. Elle sometimes helps me hype it up. Anyway, I give Hannah a helping of what's for dinner. Then she starts to fuss or cry and does not try the food. So I give her something I know she will eat.

Provider: Hmm, it sounds like little Hannah is pretty strong willed about this.

Stephanie: Yes, that's for sure.

Provider: Are you still interested in having her eat what everyone else does?

Stephanie: Well, yes. I don't want to have to make her special meals all the time.

Provider: Hmm, let's think about this from Hannah's perspective, if we can. Remember when we talked about behaviors and how children learn things that are reinforced?

Stephanie: Yeah, we talked about how Hannah learned that she can come out and snuggle with me when I watch television at night, and then I had trouble having her stay in bed.

Provider: Could the idea of learning behaviors be applied to meal time and her holding out for her favorite food?

Stephanie: Sure, I guess so. She probably knows I'll give in. But if she gets the family meal only, she might not eat anything and have to go without if I really don't give her the favorite food.

Provider: How do you feel about that?

Stephanie: I talked to my mom about this, and she said I was the same way. She said that she had to let me go without a full dinner a few nights. I could give it another try, I guess. I know she is not starving.

Provider: So it sounds like you might want to persist with the plan we made earlier. That is to give Hannah what you're having, and after she tries a little, then she can have a bit of something else.

Stephanie: Yeah, I'll give it another try. I think I'll ask my mom about this again too, especially because she said I was that way too.

Provider: It seems that your mom is a good resource for you. I recall you saying that you talk to her almost daily.

Stephanie: Yes, I have a free calling plan. It's really nice. I don't have to always think about the cost when we have a longer chat.

Provider: Okay, do you want to brainstorm about this outcome more or do you feel like you've got a plan for the next week anyway?

Stephanie: I'm good on this one for now.

Provider: Okay, let's talk about the next outcome: using the potty. We haven't had a chance to talk about that one lately. Is that okay with you?

In this brief example, problem solving was the primary interaction used to address the outcome about Hannah's eating. (Complete Give It a Go! 7.2.)

GIVE IT A GO! 7.2.

Think of a home visit you made recently and answer the following questions.



What outcomes did you focus on?

What were the strategies you and the family discussed?

What were the intervention interactions that you used with the family?
