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

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 Milieu 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 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. 92.8% showed measurable gains

RESOURCES
Adapted from: The Hanen Centre (2015) http://www.hanen.org
Adapted from: Vegh, S., & Evans, M. (2012). Early Intervention: The First Five Years. (2nd ed.) Healt
Adapted from: https://www.screener.ucsf.edu/sites/default/files/2015-12/Disability_Outcomes.pdf
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