

## What to expect

You may wonder what a home visit will be like. Here are three important features about early intervention to help you know what to expect:

Providing service in the **natural environments** is more than coming to your home to work with your child. We know that children learn best with familiar people while they are doing meaningful, everyday things like getting dressed, playing ball, eating a snack, or walking the dog. Activities like these all help children learn many important skills. Instead of bringing special toys and materials to your home, you and the provider will teach your child during your typical routines using your family's objects and toys. You will choose routines and activities you believe are best to teach your child with your provider's support.

**Your role** as the family/caregiver is to help your child grow and develop by using strategies in the activities and routines you choose and are already doing. For example, at snack your child can increase communication and motor skills by naming his choice of food or drink and by picking up the cracker and holding the cup with two hands. Your child learns about taking turns, attending to faces, and having fun during a game of peek while getting dressed. You can support your child's learning while doing what you always do with your family.

Your **EI provider's role** is to help you teach your child. As a coach, your provider will listen to your concerns and priorities, share information, and offer suggestions about strategies to help your child learn. Your provider will help you choose routines and activities that are meaningful, interesting, and occur frequently to give your child opportunities to practice, and that are comfortable for you and your family. By working together, your child will have opportunities to learn throughout the day, every day... not just during special instruction or therapy sessions.

To watch videos on what services could look like scan the QR code for the *Family Guided Routines Based Intervention* website

## A Day in Our Life... Katie's Story

Today, I woke Katie with a cheerful "Good morning" and smiled. She gurgled, smiled back, and reached up to me. I scooped her up for a morning hug... and was tickled by her squeaks and giggles. We hurried to the bathroom to change diapers, wash up, and get dressed. She stretched and kicked while I smoothed lotion on her bottom and legs. We played peek-a-boo with a diaper. She dropped it, looked down to the floor, and then she looked up and squealed as if to say "Gotcha! Now you get it!" She sat up and pushed her arms through her sleeves and clapped, "We're done!"

Every day Katie and I spend about fifteen minutes in our morning routine, getting ready for childcare. It is fun, fast, and focuses on the tasks at hand. The tasks are the same as most moms with 9-month-old babies, but ours has added purpose. I focus on the skills she needs to learn to improve her motor and communication skills. Katie has cerebral palsy and receives early intervention services. Working in our natural environment is not like going to therapy. Instead, our EI providers teach me ways I can help Katie learn. I teach her within our daily play and routines, and Katie learns functional skills in meaningful activities.

It makes sense to practice the skills she needs to learn while she is using them. In other words, we are doing the "stuff" of everyday life, and Katie is learning from it. It's easy, effective, and fun.

In our morning routine, Katie practices:

- \*Taking turns with actions and objects
- \*Sitting up
- \*Helping get dressed
- \*Making sounds and gestures to get my attention
- \*Looking and reaching for objects
- \*Sharing affection and having fun

And we also:

Complete leg stretches and put on our new shoes!

Teaching and learning in daily routines mean I am the mom; Katie is my daughter, and we can work with our EI provider to teach me what I can do to help her. Playing, running errands, doing chores, reading stories, and cleaning the house are all opportunities for Katie to learn. Working with our EI provider has helped me understand how essential everyday activities are and just how much can be accomplished through "a day in our life."

Reference :Source Document

Family Guided Routines Based Intervention (FGRBI) and Caregiver Coaching <http://fgbi.com>