



WHAT WILL A TELE-EARLY INTERVENTION SESSION LOOK LIKE? FROM THE CAREGIVER'S PERSPECTIVE

As we begin implementing tele-early intervention sessions with your family, you may be wondering what to expect during these sessions. You may be feeling overwhelmed, or even nervous with all the recent changes that are happening daily, especially with your child's early intervention services occurring through a new, unfamiliar format. Please remember that PCCD and your early intervention provider are here to support you and your family as we all learn and adjust to this new routine. We are all in this change together! Below you will see additional details about what to expect as we begin tele-early intervention sessions with your family.

BEFORE YOUR FIRST TELE-EARLY INTERVENTION SESSION

- Your early intervention service coordinator will be reaching out to you to schedule your first tele-early intervention session. During this call she will also share information with you about what technology you will need for sessions, address how to access your virtual session appointment, as well as plan a very brief "trial session" with you.

WHAT IS THE PURPOSE OF A "TRIAL SESSION?"

- Families and early intervention providers can learn and practice how to use the virtual platform together
- Have a joint discussion to plan your first tele-early intervention virtual session, including the skills you may want to work on and the activities or materials you will need.

DURING YOUR TELE-EARLY INTERVENTION SESSION

During your tele-early intervention virtual sessions you can expect to have discussions with your provider about the following:

- How are things going? What is working? What is not working? What has been easy and what has been challenging and why? How can we help?



Your early intervention provider will help guide you in setting up the previously agreed upon activities to establish the foundation of your interaction between you and your child.

- As one of your child's primary caregivers, you will be using these activities to build interactions with your child. Maybe your child is having a snack or meal, brushing his/her teeth, or playing with a toy.
- Your provider will then encourage you to show her what you usually do with your child during these routines so she can observe what happens.

Once you decide to take a break from the activity, you will discuss what happened together.

- What went well? What was difficult? Why? What did you see?
- Your provider will share and model strategies for you to try.
- You will have a chance to try out the new strategies with guidance from your early intervention provider.

Do not worry if other siblings want to join in, your child starts to get frustrated and has a meltdown, or if they need a break for a moment. Try to remember that what would happen in a typical in-person home visit will likely happen during our tele-early intervention sessions too! Siblings are okay, meltdowns are okay, and breaks are okay!

AT THE END OF YOUR VISIT

At the end of your visit you will have time to debrief about how you both feel the session went and talk about one strategy your family can continue to try until your next tele-early intervention session.

- What is one thing you tried today that you feel you can easily and comfortably do until the next time we meet?

You will also brainstorm what goals or skills you want to focus on next time and what materials you may want to use.

- Is there a skill you'd like to continue working on? What is something you want to practice that we didn't get a chance to address today?

Your early intervention provider will then take some time to write a progress note. She will let you know to stay on the call so you can review the note together before ending your session.